**OPTIONAL DISCIPLINES - OFFER**

**UNIVERSITY YEAR 2020-2021**

|  |  |
| --- | --- |
| ***Item-uri*** | ***Cerinţe*** |
| **Lecture title** | ***Nutrition and Dietetics*** |
| **Objectives** | Acquirement of basic notions about nutrition’s involvement in maintaining health and preventing diseases, nutritional status assessment and the individual or collective dietetic directions for diseases’ prophylaxis and treatment. |
| **Aim group** | 3rd year medical students, English series |
| **Participants** | Minimum 30 and maximum 70 students/year |
| **Topics** | 1. Basics of healthy nourishment – 2 hour lecture
* relationship between nutrition and health
* the healthy lifestyle; implementation
* macronutrients
* micronutrients
1. Eating behaviour – 2 hour lecture
* clinical analyses of eating behaviour
* eating behaviour disorders: anorexia nervosa, bulimia nervosa
1. Nutritional balance – 2 hour lecture
* assessment of energy intake and expenditure
* assessment of body composition
* malnutrition: obesity (causes) and undernutrition
1. Steps in elaborating a diet – 2 hour lecture
* assessment of nutritional requirements
* setting goals
* individual nutritional strategies
* basic gastrotechnics knowledge
1. Prophylactic dietetics – 2 hour lecture

- implementing nutritional intervention, nutritional education, evaluation and monitoring- nutrition of the healthy individual |
|  | 6. Curative dietetics: medical nutrition therapy – 2 hour lecture- low calorie diets- low lipid diets- low sodium diets- low fiber diets7. Dietary features in metabolic, cardiovascular, renal and digestive diseases – 2 hour lecture |
| **Bibliography** | 1. Mihai BM, Lăcătușu CM, Botnariu EG. Handbook of Nutrition and Dietetics. „Gr. T. Popa” Publisher, UMF Iași, 2017.
 |
| **Competences (abilities acquired)** | 1. Acquirement of basic nutritional notions (passing a Nutrition & Dietetics course is compulsory for obtaining a medical diploma in many world states).
2. Evaluation of the nutritional status of an individual.
3. Knowledge of the main features in diets for maintaining health or for prevention and treatment of diseases.
 |
| **Teaching methods and lecture notes** | interactive lectures with electronic support, which will be available on the faculty website |
| **Responsable** | Assoc. Prof. Cristina Lăcătușu, MD, PhD |
| **Associated lecturers** | Assoc. Prof. Bogdan Mihai, MD, PhDLect. Alina Onofriescu, MD, PhD |
| **Keywords** | human nutrition; dietetics |