

**“Nutrition” course schedule of self-educational extramural work for 3<sup>rd</sup> year students of stomatological (dental) faculty for the spring-summer term of 2016-2017 academic year**

№	Topic	Duration, hours	Type of control
1.	<b>Preparing to practical lessons</b> – theoretical preparing and acquisition of practical skills	10	Regular control on practical lessons
2.	<b>Self-training preparation of a topic which is not included in the lectures and practical lessons course schedule</b>		
	<ol style="list-style-type: none"> <li>1. <b>Modern approach to food safety</b></li> <li>2. <b>Problems of overweight...</b></li> <li>3. <b>Anticancer nutrition</b></li> <li>4. <b>Healthy nutrition pyramid and its principles....</b></li> <li>5. <b>Nutrition of various age and profession groups</b></li> <li>6. <b>Bases of clinical-preventive nutrition</b></li> <li>7. <b>Recent technologies in nutrition nowadays</b></li> </ol>	<p align="center">4 4 4 6 4 4 4</p>	Regular control on practical lessons
3.	<b>Individual research self-training work*</b>	10	--/--
<b>TOTAL</b>		50	

\*Individual research self-training work - Calculating individual requirement for basic nutrients

Head of the department  
Of hygiene and ecology N4,  
Ass.prof.

N.V. Velyka

**The practical lesson course schedule on  
“Nutrition”  
for the students of 3 course**

<b>№</b>	<b>Topic of practical lesson</b>	<b>Duration (hours)</b>	<b>Date</b>
1	Dietetic characteristics of milk and dairy products	2	01, 09.03.17
2	Dietetic characteristics of meat and meat products	2	15, 16.03.17
3	Dietetic characteristics of fish and seafood products, eggs and eggs products	2	22, 23.03.17
4	Dietetic characteristics of bread and cereal products, confectionery products. Sweets.	2	29, 30.03.17
5	Dietetic characteristics of vegetables, fruit and berries, nuts.	2	05, 06. 04.17

The teachers of groups:

- N.V. Velyka- 24 Ca;
- O.V. Kuzminska - 23 Ca, 25 Ca.

Head of the departments a  
of nutrition hygiene,  
assistant professor

N.V. Velyka

**REGULATION**  
**of the final control**  
**"Nutrition"**  
**for students 3<sup>rd</sup> year students of stomatological (dental) faculty**  
**for the spring-summer term of 2016-2017 academic year**

The maximum number of points that a student can get the results of the final control – 200.

Criteria for evaluation.

“5” – 40 points;

“4” – 32 points;

“3” – 24 points;

“2” – 0 points.

Within 10 minutes to the end of the final lesson the teacher calculate of student's balls.

Integrated number of points that a student takes the results of the final control has the following components:

- minimum – 120 points;

- maximum – 200 points.

The total number of points for the results of the final control is sum balls for five classes.

At the end of the controlling class, the teacher should inform students about the results of the final control record number of points in the register and student individual plan put his signature and the date of the final module control.

Head of the department  
Of hygiene and ecology N4,  
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**Self-training questions to concluding summing-up control**  
**“Nutrition”**  
**for 3<sup>rd</sup> year students of stomatological (dental) faculty**  
**for the spring-summer term of 2016-2017 academic year**

1. The main of functions of food.
2. Healthy nutrition. Basic principles of healthy nutrition.
3. Energy expenditure. Methods of energy expenditure calculation.
4. Physical activity coefficient. Daily activity category.
5. Body nutritional status and methods of its assessment.
6. Definition and assessment formula of Quetelet index, Brock-Bruhsh index.
7. Definition and assessment formula of body mass index (BMI).
8. Physiological standards of nutrients.
9. Caloric value of food products.
10. The main physiological and hygienic functions of proteins.
11. The main sources of proteins.
12. The main physiological and hygienic functions of fats, classification of fats.
13. The main sources of fats.
14. The main physiological and hygienic functions of carbohydrates, classification of carbohydrates.
15. The main sources of carbohydrates.
16. Dietary fiber, functions of fiber, primary sources.
17. Classification of vitamins and pseudovitamins.
18. Physiological and hygienic functions of vitamins.
19. Food which contains vitamins.
20. Basic symptoms of vitamin deficiency.
21. Causes of vitamin deficiency.
22. Antivitamins.
23. Classification of mineral substances.
24. Physiological and hygienic functions of basic mineral substances.
25. The main alimentary sources of minerals.
26. The main symptoms of mineral substances deficiency.
27. Causes of mineral deficiency.
28. Demineralizing substances.
29. Loss of nutrients in basic types of heat cooking.
30. Nutritional regimen. Principles of the healthy nutritional regimen.
31. Classification of the main diseases associated with nutritional factors.
32. Food poisoning. Classification of food poisoning.
33. Food poisoning of microbial origin. Kinds of microorganisms. Prevention of poisoning.
34. Food poisoning of non-microbial origin. Prevention of poisoning.
35. Bacterial food intoxication, definition, etiological factors.
36. Bacterial food toxic infection, definition, etiological factors.
37. Mycotoxicosis, skombroid food poisoning, definition, etiological factors.
38. Comparative characteristics of microbial food poisoning and acute intestinal infections.
39. The main principles of food poisoning prevention.
40. The main groups of food products (food stuffs).
41. Functions of milk and dairy products in nutrition Dietary functions of milk, dairy products, their sanitary quality, epidemic safety.
42. Functions of meat and meat products in nutrition. Dietary functions of meat. Sanitary quality and epidemiological safety of meat in nutrition.
43. Functions of fish and seafood products in nutrition. Hygienic characteristics. Dietary functions of fish and seafood.
44. Functions of eggs in nutrition. Hygienic characteristics.
45. Functions of vegetables, fruit and berries in nutrition. Dietary and preventive functions.

46. Parapharmacological properties of some vegetable products.
47. Functions of bread and cereal products. Dietary functions.
48. Functions of confectionery and sweets in nutrition. Hygienic characteristics.
49. Functions of beverages in nutrition. Hygienic characteristics.
50. Classification of mineral water beverages.
51. The most useful nutritional products.
52. Problems of overweight.
53. Anticancerogenic nutrition. The main nutritional principles.
54. Healthy nutrition pyramid.
55. Postulates of healthy nutrition.
56. Recent technologies in nutrition nowadays.

### **Practical skills to summing-up control**

1. Calculate the mean average energy expenditure (consumption) for a 35-year-old woman, a teacher, 70 kg in weight, 168 cm in height.
2. Calculate the Quetelet index (body mass index) and evaluate the nutritional status of a 29-year-old man, 170 cm in height, weighing 75 kg. What are your recommendations concerning his nutrition?
3. Calculate the Brock index and evaluate the nutritional status of a 30-year-old woman, 165 cm in height, weighing 54 kg. What are your recommendations concerning her nutrition?
4. Calculate the required amount of total protein, fat and carbohydrate for the person with energy consumption of 3500 kcal.
5. Calculate the required amount of carbohydrates (total, simple, food fibers), vitamins (C, B1, D and E) and mineral substances (Fe and I) for a woman with energy consumption of 2200 kcal.
6. Calculate the required amount of protein (total and animal protein), water-soluble vitamins and mineral substances (Ca, Mg, Zn and Se) for a sportsman with energy consumption of 4000 kcal.
7. A medical student daily obtains from his food ration the following amount of vitamins: C – 40 mg, B1 – 0.8 mg, B2 – 0.9 mg, B6 – 0.7 mg, PP – 5.5 mg, A – 0.5 mg, E – 15 mg, D – 2.5 mcg, K – 0.2. Estimate whether his vitamin supply covers his requirement, while his energy expenditure makes up 3200 kcal. What are your recommendations concerning his nutrition?
8. A woman is daily supplied with the protein: total protein -55g, animal protein -22g; fat: total fat -70g, vegetable fat -30g; carbohydrates: 450g, mono and disaccharides (simple)-75g. Evaluate whether this amount of nutrients can cover her requirement, while her energy expenditure makes up 2600 kcal. What are your recommendations concerning her nutrition?
9. Mineral substances deficiency is characterized by such symptoms: tiredness, vertigo, sleepiness, headache, decreased appetite, pale skin, disordered taste sensation. What are your recommendations concerning nutrition in this case?
10. A 25-year-old woman has suddenly accepted vegan nutritional patterns. What nutrients will her body lack? What are your recommendations regarding the nutritional regimen?

11. A 30-year-old man consumes 500g of meat and fish every day. What will the consequences of such regimen be? What are your recommendations regarding the nutritional regimen?
12. What vitamin deficiency is characterized by the following symptoms: gingival bleeding during tooth brushing, pale and dry skin, keratinization of hair follicles with isolated petechiae, fatigue, increased susceptibility to colds?
13. Decreased muscle tone, muscular weakness, infertility and spontaneous abortions, atherosclerosis, coronary heart disease. What vitamin deficiency may produce the above mentioned symptoms?
14. What mineral substance deficiency may lead to such clinical signs: irritability, moody character, excitement, feeling of fear, convulsions?
15. Retarded sexual development, personal growth retardation, prolonged wound healing, furuncles, acne. What mineral substance deficiency may lead to these symptoms?
16. Regular consumption of strong tea in big quantities may cause decreased digestion of iron and calcium. What antialimentary factor (demineralizing substance) may this be related to?
17. Regular consumption of raw eggs in big quantities may cause the biotin deficiency. What substance in eggs possesses antivitamin properties and why?
18. Calculate the caloric value and amount of proteins, calcium and vitamin C obtained from the consumption of 150 g of cottage-cheese with moderate fat content, combined with 200 g of strawberries.
19. Calculate the caloric value of the consumption of the following foodstuffs: 150g of coffee (10 g of dry substance) with 30 g of milk and 5 g of sugar, twice a day.
20. A teenager has consumed 2.5 litres of Coca-Cola, 30 g of raisins and 30 g of dried apricots during the day. Calculate the caloric value of the consumed food and the amount of carbohydrates contained in these foodstuffs.
21. Two students consumed sandwiches with cheese and sausage, cream cakes and tea. In 2 hours after last meal intake they started complaining of nausea, vomiting, epigastric pain and body temperature of 37<sup>0</sup>C. What could cause these symptoms and why did they develop? What are the preventive measures?
22. What preventive measures should a person keep to while tinning (canning) the food at home, to prevent accumulation of botulism toxins?
23. Analyze the nutrient losses in basic types of heat cooking and recommend the food processing method, aimed to reduce vitamin C and B1 loss.

Head of the department  
Of hygiene and ecology N4,  
Ass.prof.

N.V. Velyka

**«Nutrition»**

**PRACTICAL LESSONS DEBT CLEARANCE  
AND CONSULTATIONS SCHEDULE  
FOR 3<sup>RD</sup> YEAR STUDENTS OF STOMATOLOGICAL FACULTY  
FOR THE SPRING-SUMMER TERM OF 2016-2017 ACADEMIC YEAR**

Date of debt clearance	Day of debt clearance	Teacher (Tutor)
02.03.2017	Thursday	Assistant professor Velyka N.V.
07.03.2017	Tuesday	Assistant professor Kuzminska O.V.
09.03.2017	Thursday	Assistant professor Velyka N.V.
14.03.2017	Tuesday	Assistant professor Kuzminska O.V.
16.03.2017	Thursday	Assistant professor Velyka N.V.
21.03.2017	Tuesday	Assistant professor Kuzminska O.V.
23.03.2017	Thursday	Assistant professor Velyka N.V.
28.03.2017	Tuesday	Assistant professor Kuzminska O.V.
30.03.2017	Thursday	Assistant professor Velyka N.V.
02.03.2017	Thursday	Assistant professor Velyka N.V.
07.03.2017	Tuesday	Assistant professor Kuzminska O.V.
09.03.2017	Thursday	Assistant professor Velyka N.V.
14.03.2017	Tuesday	Assistant professor Kuzminska O.V.
16.03.2017	Thursday	Assistant professor Velyka N.V.
21.03.2017	Tuesday	Assistant professor Kuzminska O.V.
04.04.2017	Tuesday	Assistant professor Kuzminska O.V.
06.04.2017	Thursday	Assistant professor Velyka N.V.
11.04.2017	Tuesday	Assistant professor Kuzminska O.V.
13.04.2017	Thursday	Assistant professor Velyka N.V.
18.04.2017	Tuesday	Assistant professor Kuzminska O.V.
20.04.2017	Thursday	Assistant professor Velyka N.V.
25.04.2017	Tuesday	Assistant professor Kuzminska O.V.
27.04.2017	Thursday	Assistant professor Velyka N.V.
04.05.2017	Thursday	Assistant professor Velyka N.V.
11.05.2017	Thursday	Assistant professor Velyka N.V.
16.05.2017	Tuesday	Assistant professor Kuzminska O.V.
18.05.2017	Thursday	Assistant professor Velyka N.V.
23.05.2017	Tuesday	Assistant professor Kuzminska O.V.
25.05.2017	Thursday	Assistant professor Velyka N.V.
30.05.2017	Tuesday	Assistant professor Kuzminska O.V.
01.06.2017	Thursday	Assistant professor Velyka N.V.
06.06.2017	Tuesday	Assistant professor Kuzminska O.V.
08.06.2017	Thursday	Assistant professor Velyka N.V.
13.06.2017	Tuesday	Assistant professor Kuzminska O.V.
15.06.2017	Thursday	Assistant professor Velyka N.V.
20.06.2017	Tuesday	Assistant professor Kuzminska O.V.
22.06.2017	Thursday	Assistant professor Velyka N.V.

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of hygiene and ecology N4,  
ass.prof.

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