



UNIVERSITY OF OSTRAVA
FACULTY OF MEDICINE

NUTRITION AND DIETETICS

COURSE DESCRIPTIONS



Spring 2022/23

Course title	English for Dietetics
Department	Institute of Physiology and Pathophysiology
Course code	UFY/EEND
Credits	5
Semester	Autumn/spring
Format of study	Lectures (28 hours)
Name of the lecture	Mgr. Jana Vavrošová, PhD.
Language	English
Annotation	The subject provides students with basic knowledge of English professional terminology. It puts emphasis on acquisition of active and passive language skills. Professional vocabulary is necessary for communication at an international level, for students' study exchanges, for studying foreign professional literature and for career prospects at the foreign job market.

Course title	Food hygiene
Department	Institute of Physiology and Pathophysiology
Course code	UFY/EPHG
Credits	5
Semester	Spring
Format of study	Lectures (24 hours), practical classes (12 hours)
Name of the lecture	MUDr. Pavla Svrčinová, Ph.D.
Language	English
Annotation	Students will acquire during lessons basic knowledge about risk assessment of chemical, microbiological and foreign bias in foodstuffs, food safety requirements during production and retail of food.

Course title	Planning and preparation of the curative nutrition
Department	Institute of Physiology and Pathophysiology
Course code	UFY/EPPN
Credits	10
Semester	Spring
Format of study	Lectures (12 hours), practical classes (48 hours)
Name of the lecture	Mgr. Pavla Škarková
Language	English
Annotation	The course is conceived as theoretical-practical. The course objectives are to introduce basic concepts of dietetics, historical development of diet system and the classification of diets with emphasis on acquiring knowledge and skills to plan the menu for general and special diets, to explain technological procedures of dishes for individual diets, to prepare diet dishes for the group of basic, special, diabetic and rational diets. Students learn the choice of suitable and unsuitable foodstuff and technological process for a particular diet.

Course title	Nutrition counselling - practice
Department	Institute of Physiology and Pathophysiology
Course code	UFY/NTCP
Credits	10
Semester	Spring
Format of study	Practical classes (60 hours)
Name of the lecture	Mgr. Nadezhda Borzenko
Language	English
Annotation	The course is conceived as practical. The aim of the course is to acquaint students with the work of a nutrition therapist (dietitian) in nutritional counselling. During the practical exercises the student will be able to test the acquired theoretical knowledge in practice. Within each exercise, the individual parts of the nutritional examination and education will be discussed.

Course title	Food Science 1 – Plant-based products
Department	Institute of Physiology and Pathophysiology
Course code	UFY/ EFS1
Credits	5
Semester	Spring
Format of study	Lectures (10 hours), practical classes (10 hours)
Name of the lecture	Mgr. Vladislava Mizerová, Ph.D.
Language	English
Annotation	The course includes lectures and practical exercises. Within the Food Science 1 the students will get acquainted with the basic classification of food into groups according to origin, basic characteristics and method of their processing. The lessons are focused on the composition and technological production of food of plant origin. It leans on the latest knowledge about food, its production and further processing especially in the Czech Republic.