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<th>Course code</th>
<th>Name of the course</th>
<th>Course coordinator</th>
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<th>Type of subject</th>
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<td>UFY/EPHG</td>
<td>Food hygiene</td>
<td>MUDr. Pavla Svrčinová</td>
<td>MUDr. Pavla Svrčinová</td>
<td>Theoretic</td>
<td>5</td>
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<td><strong>NUTRITION PRACTICE</strong></td>
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Students choose courses in the range of compulsory credits per semester. Please read the prerequisites of every course in the course list carefully before applying.
ELECTIVE COURSE

ENGLISH FOR DIETETICS

Course code: UFY/EEND
Course coordinator: Mgr. Jana Vavrošová, Ph.D.
ECTS credits: 5
Language: English
Theoretic (10 hours of seminars)

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.

Aims: Improving knowledge of English
Acquiring basics of English terminology
Practising communication skills
Improving language skills - reading, writing, listening, speaking
Orientation in professional English written texts
Revising and improving grammar
Building up vocabulary
Practising language skills
Introduction to professional terminology

Student requirements:

80% active participation in seminars
70% score at a final written test

Content:

1. The introduction
2. The human body, cells, tissues and organs, individual body parts and the skeleton
3. Body systems, types of medication and wounds
4. In and around the hospital, hospital departments, medical professions
5. Hospital admission, pain, symptoms
6. The alternative medicine
7. Nutrition and diet, The food groups, the nutrients in food
8. Dictionary study- junk food, chemical elements
9. Dietary Guidelines, cooking
10. Stability of individual nutrients
11. Malnutrition
12. Trends in eating, raw food, being vegan and vegetarian
13. A convenient diet for a pregnant woman, for children and elderly people
14. Food allergies

Pre-requisites:

The student has got at least fundamental knowledge of English.

Learning outcomes:

Students know English terminology and practical language skills (reading, listening, speaking and writing) Students are able to read English texts, enhance vocabulary, obtain communication and interaction skills.
## FOOD HYGIENE

Course code: UFY/EPHG  
Course coordinator: MUDr. Pavla Svrčinová  
ECTS credits: 5  
Language: English  
Lecture 8 hours, practical sessions 4 hours

### Annotation:

Students will acquire during lessons basic knowledge about risk assessment of chemical, microbiological and foreign bodies in foodstuffs, food safety requirements during production and retail of food.

### Student requirements:

Examen, self study, 100% participation on lectures.

### Content:

**Lectures:**  
Food safety - legislation, definition of food hygiene, legislative requirements in production and retail level.  
Hygiene requirements for catering facilities, legislation  
Food poisoning – zoonoses, intoxications, BSE  
The ways of food preparation and possibilities to influence food safety  
Microbiological contamination - sources, prevention.

Chemical contamination, foreign bodies in food, their prevention  
Permanent procedures based on HACCP principles  
Food preservation methods,

**Practical sessions:**  
Sampling for laboratory investigation. Assessment of the laboratory results.  
Temperature measurement.  
Sensorical assessment of foodstuffs.  
Team work - preparation of the risk assessment of simple meal.

### Learning outcomes:

After course food hygiene, student knows all basic food safety requirements, is able to identify biological, chemical and physical risks associated with different groups of food. Knows basic principles of spread of alimentary poisonings and their prevention. Is able to produce simple procedures based on HACCP principles. Understands the basis relations between food and environment. Is able to sample food for laboratory testing.
PLANNING AND PREPARATION OF THE CURATIVE NUTRITION

Course code: UFY/EPPN
Course coordinator:

ECTS credits: 7
Language: English
Practice at least 108 hours

Annotation:
The subject conception is theoretical and practical. The theoretical knowledge of the diet system, characteristics of the diet and their nutritional composition are necessary for understanding of the field of dietetics (curative nutrition) and for the application of acquired knowledge to specialized preventive care of patients in hospitals, in retirement homes and in consulting rooms.

Purpose and aims:
To introduce basic concepts of dietology, to make clear the historical development of diet system, to introduce classification of diets according to technological bases to students and according to basic characteristics with emphasis on acquiring knowledge and skills to plan and normalize the menu for basic and special diets, to explain technological procedures of dishes for individual diets, to prepare diet dishes for the group of basic, special, diabetic, rational and special diets, to acquire students to follow the right choice of suitable and unsuitable food or follow the right technological procedure suitable for a particular diet.

Student requirements:
Prepare a seminar paper/work on an assigned topic

Content:

Lecture topics:
1. Terminology of the subject and interdisciplinary relationships
2. Diet system- history and present and types
3. Classification of diets in practice- according to technological bases
4. Classification of diets in diet system- basic, special and standardized diet
5. – 8. Basic diets
9. - 10. Special diets
11. - 12. Standardized diets

Topics of seminars:
Diets followed for medical reasons
Special medical diet and dysphagic diet
Rational diet, geriatric diet, nutritious diet
Diabetics diet and weight reducing diet
Salt- free and low-protein diets
Standardized diets

Skill practice – create a diet plan, standardization of the diet for one person/more persons, nutritional calculation of meals, fragment of food consumption, buying food, analyze labels-nutritional composition of food and food quality, cost calculation for the preparation of dietary meals, keep stock records, application of principles of HACCP, weigh food, technological process of food preparation, description of organization of work, training of flavoring meals and rules for dining.
An Essentials part of seminars is to strengthen safety principles, fire protection, personal hygiene and workplace hygiene.

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<td>Students are able to describe the basic technological procedures, explain dietetic use of food, apply principles of HACCP in practical lessons.</td>
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<td>Students master terminology of this subject, are able to define diet as a curative care for patients, name and describe the basic characteristics of diets, classify diets into Gross according to technological basics, enumerate allowed and unallowed foodstuff, formulate nutritional composition of diets, explain qualitative and quantitative diet view. Students create the diet plan according to the principles of the diet, suggest recommended doses of food in harmony with the achal possibilities, describe technological process of food preparation, are able to prepare easily digestable diet meals according to the Leeds of the given diet, follow the hygienic and safety rules in the preparation of disis, serve the dietic meals at the right temperature, make a list of a food consumption, buy food and follow their nutritional composition, keep stock records and cost calculation for the preparation of dietary meals, calculate the diet in nutritional software and evaluate their nutritional quality.</td>
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PLANNING OF THE NUTRITION PROCESS CARE 1

Course code: UFY/ENC1
Course coordinator:

ECTS credits: 3
Language: English
Practice at least 48 hours

Annotation:
The practical part of education leads to an application of the newest piece of knowledge of dietetics when creating general and individual menus, evaluation of therapeutic nutrition due to diet assumption, meeting the energy needs and also keeping the biological value of given food, the ability to use IT technics such as text editors, card index, databases, records, professional programs for health education of patients, family members and medical workers and workers of catering operations, educational activity and active participation in a nutritional team. The student will have the knowledge of the basis of the nutritional care (nutritional diagnosis, intervention and monitoring).

The goal is to teach students a comprehensive set of knowledge and skills from practical application of theoretical knowledge of therapeutic nutrition. Acquiring knowledge of the subject of therapeutic nutrition is a prerequisite for pursuing the profession of nutrition therapist.

Student requirements:
- elaborating seminar work on given topic related to teaching subject
- self-study
- 100% participation on practical lessons

Content:

Practical lessons:
applying theoretical topics into plans for realization of nutritional care, especially creating diet plans, standards, nutritional calculation, educational materials, casuistry and examples for creating plans of therapeutic diet, deducting menus according to technological basis.

Main topics of Therapeutic diet

1. Energetic metabolism, metabolism of nutrients

2. Therapeutic diet for patients with a gastrointestinal tract illness
   - a food intolerance
   - a disorder of the yin
   - a stomach diseases
   - a dyskinesia, a malabsorption, intestinal syndromes, a celiac disease, an allergy
   - diseases of large intestine and rectum
   - diseases of liver, gall bladder and pancreas

3. Therapeutic diet for patients with metabolic diseases
   - an obesity
   - a metabolic syndrome
   - diabetes mellitus
   - a hyperlipoproteinemia, a sterosclerosis
   - a hyperuricemia, a gout
- a phenylketonuria
- a congenital disorder of metabolism S
- a disease of the maple syrup
- a congenital disorder of lipid metabolism
- a favism
- a homocystenuria A

4. Therapeutic diet for kidney diseases
- an acute and chronic SL
- a nephrotic syndrome
- a diabetic nephropathy
- a glomerulopathy
- a chronic kidney insufficiency

5. Therapeutic diet for diseases of the cardiovascular system
- an atherosclerosis
- a hypertension
- ICHS
- an anticoagulant therapy

Pre-requisites:

The student will be able to clarify nutritional recommendation for particular population group, to know nutritional needs for particular population group, to classify food groups and to describe their nutritional and dietetic meaning, to enumerate and describe diets and their role in a diet system, to clarify the technology of diet adjustment, to prepare diet dish technologically right and to calculate the diet dish.

Learning outcomes:

The student will clarify energetic metabolism and metabolism of nutrients; the student will define and clarify dietary treatment for gastrointestinal tract illness; the student will define and clarify dietary treatment for metabolic diseases; the student will define and clarify dietary treatment for kidney diseases; the student will define and clarify dietary treatment for diseases of the cardiovascular system.
PLANNING OF THE NUTRITION PROCESS CARE 2

Course code: UFY/ENC2
Course coordinator:
Mgr. Karin Petřeková, Ph.D., Mgr. Pavla Jansová, DiS., Mgr. Vladislava Mizerová, Ph.D., Hana Holišová

ECTS credits: 5
Language: English
Practice at least 72 hours

Annotation:

The practical part of education leads to an application of the newest piece of knowledge of dietetics when creating general and individual menus, evaluation of therapeutic nutrition due to diet assumption, meeting the energy needs and also keeping the biological value of given food, the ability to use IT technics such as text editors, card index, databases, records, professional programs for health education of patients, family members and medical workers and workers of catering operations, educational activity and active participation in a nutritional team. The student will have the knowledge of the basis of the nutritional care (nutritional diagnosis, intervention and monitoring).

The goal is to teach students a comprehensive set of knowledge and skills from practical application of theoretical knowledge of therapeutic nutrition. Acquiring knowledge of the subject of therapeutic nutrition is a prerequisite for pursuing the profession of nutrition therapist.

Student requirements:
- elaborating seminar work on given topic related to teaching subject
- self-study
- 100% participation on practical lessons

Content:

Practical lessons and clinical practice:
Application of theoretical topics into plans for realization of a nutritional care, especially creating food plans, calculating the standards, nutritional calculating, evaluating of a model situation, educational materials, a casuistry and examples for creating plan of a therapeutic diet, deducing menus according to technological basis.

The topics for lecture and practical lessons based on the following main topics Therapeutic diet:

1. Therapeutic nutrition for neurological diseases and psychogenic eating disorders
   - multiple sclerosis
   - an epilepsy
   - Alzheimer’s disease
   - Parkinson’s disease
   - a vascular dementia
   - sleeping disorders, taste disorders, satiation disorders, nutrition disorders and depression
   - a mental anorexia
   - a mental bulimia
   - Pica syndrome
   - an anorexia and sport
   - orthorexia

2. Therapeutic nutrition in oncology
   - carcinogens
- malnutrition of oncological patients
- diet for a patient with certain type of tumor
- nutritional care for oncological patients according the disease stage

3. Therapeutic nutrition for endocrine disorders

4. Therapeutic nutrition in pediatrics
   - a nutritional screening in pediatrics
   - diets for hospitalized children, modification for children with food allergies
   - an obese child and a child with diabetes mellitus
   - special diets for children

5. Therapeutic nutrition when having and osteoporosis, osteomyelitis and sarcopenia

6. Therapeutic nutrition for diseases of the respiratory

7. Nutrition and immunology, allergology

8. Selected topics – up to date topics, Therapeutic nutrition news

Pre-requisites:

- a student will be able to describe procedures of therapeutic nutrition for selected diseases

Learning outcomes:

- a student defines and clarifies therapeutic diet procedures for neurological diseases, psychogenic disorders, especially eating disorders; for each type of tumor especially with regard to the risk of malnutrition; explains procedures of therapeutic nutrition for obese children and other children’s diseases, describes the precepts of a diet nutrition for hospitalized children; knows the nutritional screening; clarifies procedures of therapeutic diet for osteopathy, diseases of the respiratory; defines and clarifies diet for food allergies and intolerance; introduces news from the therapeutic nutrition, bears on the scientific supported information.
NUTRITION PROCESS CARE IN HOME FOR THE ELDERLY

Course code: UFY/ENC
Course coordinator:

ECTS credists: 5
Language: English
Practice at least 40 hours

Annotation:
This is a practical subject which carried out in the department of therapeutic nutrition and food (smaller parts of therapeutic nutrition, catering) in the workplaces of medical facilities (sanatorium etc.), homes for the elderly and similar establishments. The spectrum of diets is smaller in these establishments; the principles of diets are often very different. Students will find out the variability of application of diet system in these types of establishments. Advantageously, nutritional support is also provided by sipping (drinking sip by sip nutritional supplements) of fortifying the diet, applying nutrition supplements and solving sufficient patient hydration. The internship also includes working as a nutritional therapist with software Cygnus (or similar).

Goals: to introduce the procedure of nutritional care in social establishments to students, to forward to students the knowledge and skills so they will be able to think over the forms of diet for clients in social establishments comprehensively and to suggest or to make steps to prevent malnutrition, to solve obesity of clients, swallowing disorders, to provide grave dining if possible and rich and balanced diet according to the nutrition principles of target group of clients.

Student requirements:
- elaborating seminar work on given topic related to teaching subject
- self-study
- 100% participation on practical lessons

Content:
The practice in catering operations takes place under the guidance of an experienced nutritional therapist. The practice is realized on the basis of a contract between the facility and the LF OU (individual or framework). The practice takes place according to a predefined schedule after accepting it by the therapist.

The content of the special practices is:
- planning food plans and individual menus;
- regulating of food according to possibilities of a client;
- calculating food nutrition;
- food delivery
- preparing of special diets (dysphagic, non-dairy etc.)
- weighting of clients and patients (C/P)
- measuring circumference of brachium C/P
- making notes into MNA, NA (nutritional anamnesis, nutrition evaluation by questionnaire MNA)
- giving out food and drinks
- making notes of nutritional care for doctors
- administering oral nutritional support
- determination of enteral nutrition in the probe
- others according to the type of facility in accordance with the competencies of the Nutrition Therapist

**Pre-requisites:**

- A student is able to characterize diets and their status in a diet system, to apply knowledge of diets into food plans, to calculate nutritional value of food, to normalize food portions, to describe technological procedures of making meals.

**Learning outcomes:**

- A student is able to explain the continuity between the department of nutrition (catering) and the provision of food to clients, patients; to describe the process of nutrition care in residential establishments of a social character, in smaller types of health care facilities; is able to educate clients, patients and staff in the team about the principles of different types of diet and their technological processing.

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**Department Erasmus+ Coordinators:**

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Mgr. Karin Petřeková, Ph.D. ([Karin.Petrekova@osu.cz](mailto:Karin.Petrekova@osu.cz))

Faculty of Medicine  
Department of Physiology and Pathophysiology