

Faculty of Tourism and Hospitality / TOURISM AND HOTEL MANAGEMENT / Nutrition Knowledge and National Cuisine

Course:	Nutrition Knowledge and National Cuisine			
Course ID	Course status	Semester	ECTS credits	Lessons (Lessons+Exercises+Laboratory)
11363	Mandatory	5	7	3+2+0
Programs	TOURISM AND HOTEL MANAGEMENT			
Prerequisites	No prerequisites			
Aims	Course aims: teaching this course aims for students to learn basic science of food, connection between tourism and food, culture food, national cuisine, macro- nutrients, macro- nutrien etc.			
Learning outcomes	After passing the exam, the student is expected to: define the basic components of food. It distinguishes the specificities of the composition of certain food groups. Critically evaluates the quality of food products in terms of their nutritional value and nutritional composition. Recognizes the importance of food health safety for its marketing, and values the importance of food and nutrition. Recognizes the importance of organic food in overall food production. Applies acquired knowledge in various social/professional situations related to food production, marketing and promotion. He continues to independently develop the acquired knowledge.			
Lecturer / Teaching assistant	Prof. dr Vesna Vujačić			
Methodology	Lectrues, learning and self- development of coursework, consultation.			
Plan and program of work				
Preparing week	Preparation and registration of the semester			
I week lectures	Introductory lecture. Instructions for attending the lectures. Introducing students to the program, aim and tasks.			
I week exercises	Introductory lecture. Instructions for attending the lectures. Introducing students to the program, aim and tasks.			
II week lectures	The role and importance of food in tourism. Food as the main motive of tourist movements. Food as a special motive for tourist movements.			
II week exercises	Revival of materials (previous lectures), interactive conversation with students.			
III week lectures	Correlation of food and tourism. Organoleptic value of food food. Nutritional value of food food.			
III week exercises	Revival of materials (previous lectures), interactive conversation with students.			
IV week lectures	Pyramid of proper nutrition. Cindi program, 12 steps of proper nutrition.			
IV week exercises	Revival of materials (previous lectures), interactive conversation with students.			
V week lectures	Food products, basic terms. Legal acts of Montenegro regarding health food safety. ISO standard 22000, brands from Montenegro with the mark of the HACCP standard. HACCP standard and its importance. "Good from Montenegro" brand.			
V week exercises	Revival of materials (previous lectures), interactive conversation with students.			
VI week lectures	Health food safety, HACCP standard, risk analysis, risk assessment, risk management.			
VI week exercises	Revival of materials (previous lectures), interactive conversation with students.			
VII week lectures	Food composition, dissociation (separation of food), energy value of food, calories, AD; DRA; RDI (nutrient dose).			
VII week exercises	Revival of materials (previous lectures), interactive conversation with students.			
VIII week lectures	Energy needs and food distribution. Nutrients: Carbohydrates, role and needs in nutrition.			
VIII week exercises	Revival of materials (previous lectures), interactive conversation with students.			
IX week lectures	Test			
IX week exercises	Revival of materials (previous lectures), interactive conversation with students.			
X week lectures	Nutrients: Fats, their role in nutrition. Nutrients: Proteins, role and distribution in nutrition.			
X week exercises	Revival of materials (previous lectures), interactive conversation with students. Seminar papers.			
XI week lectures	Regulatory substances: Vitamins, water-soluble and liposoluble vitamins, role and need in nutrition. Antioxidants and free radicals.			

ECTS catalog with learning outcomes
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XI week exercises	Revival of materials (previous lectures), interactive conversation with students. Seminar papers.					
XII week lectures	Remedial test. Regulatory substances: minerals, macro and microelements, role and need in nutrition.					
XII week exercises	Revival of materials (previous lectures), interactive conversation with students. Seminar papers.					
XIII week lectures	Foods of animal origin - protein foods. Foods of vegetable origin, food additives.					
XIII week exercises	Revival of materials (previous lectures), interactive conversation with students. Seminar papers.					
XIV week lectures	The specifics of organic production, the importance of organic agriculture and placement through the tourist offer.					
XIV week exercises	Revival of materials (previous lectures), interactive conversation with students. Seminar papers.					
XV week lectures	National gastronomy of Montenegro. Coastal cuisine, Skadar Lake cuisine, Mountain cuisine. The role of national gastronomy in the promotion of tourism.					
XV week exercises	Revival of materials (previous lectures), interactive conversation with students. Seminar papers.					
Student workload						
Per week			Per semester			
7 credits x 40/30=9 hours and 20 minuts 3 sat(a) theoretical classes 0 sat(a) practical classes 2 excercises 4 hour(s) i 20 minuts of independent work, including consultations			Classes and final exam: 9 hour(s) i 20 minuts x 16 =149 hour(s) i 20 minuts Necessary preparation before the beginning of the semester (administration, registration, certification): 9 hour(s) i 20 minuts x 2 =18 hour(s) i 40 minuts Total workload for the subject: 7 x 30=210 hour(s) Additional work for exam preparation in the preparing exam period, including taking the remedial exam from 0 to 30 hours (remaining time from the first two items to the total load for the item) 42 hour(s) i 0 minuts Workload structure: 149 hour(s) i 20 minuts (courses), 18 hour(s) i 40 minuts (preparation), 42 hour(s) i 0 minuts (additional work)			
Student obligations			Students are required to attend classes and exercises, do a test and a final exam.			
Consultations			After the lecture, if necessary, consult with the subject teacher.			
Literature			Poznavanje namirnica, Vesna Vujačić, Univerzitet Crne Gore, FTH Kotor, 2011. ISBN978-86-908213-4-1 COBBISS.CG-ID 17514512			
Examination methods			Test 40 points, regular class attendance 5 points, seminar papers 5 points, final exam 50 points.			
Special remarks			Does not have			
Comment			Does not have			
Grade:	F	E	D	C	B	A
Number of points	less than 50 points	greater than or equal to 50 points and less than 60 points	greater than or equal to 60 points and less than 70 points	greater than or equal to 70 points and less than 80 points	greater than or equal to 80 points and less than 90 points	greater than or equal to 90 points