

Theme 7, 8

Evaluation of individual macronutrient intakes and energy

1. The importance of proteins in nutrition.
2. The importance of fats in nutrition.
3. The importance of polyunsaturated fatty acids, their sources in nutrition.
4. The importance of carbohydrates in nutrition.
5. The importance of fiber, its sources in nutrition.
6. The importance pectin, their sources in nutrition.
7. Nutritional regimen, definition thereof. Nutritional regimen recommended for individuals of occupational group 1.
8. Chemical composition and energy value of bread.
9. Chemical composition and energy value of milk.
10. Chemical composition and energy value of meat.
11. Nutritional and biological value of bread.
12. Nutritional and biological value of milk.
13. Nutritional and biological value of meat.
14. The importance of fruit and vegetables in nutrition.
15. Extractives in meat; their types and biological value.
16. Milk- and meat-borne diseases in humans.