

Study program: Integrated academic studies of Pharmacy			
Type and level of the study program: integrated academic studies			
Course title: BROMATOLOGY (PhIV-BROM)			
Teacher: Budimka D. Novaković, Ljilja D. Torović, Jelena N. Jovičić Bata			
Course status: compulsory			
ECTS Credits: 7			
Condition: All exams from the previous year passed			
Course aim To introduce students to the relationship between food, nutrition and health in order of good health promotion. Introduction of food analysis methods and the assessment of food quality and food safety.			
Expected outcome of the course: Student should be familiar with the basic principles of optimal diet (nutrition recommendations), the roles of nutritive and regulatory substances, composition of foods in terms of nutritional content and regulatory substances, food biochemistry, chemical contaminants and food additives, foods for special dietary uses, food biotechnology, food safety and quality assurance systems and the legal aspects of food safety. Student should be familiar with food analysis methods in the assessment of food quality and food safety and should know the basic principles of the rational use of dietary supplements.			
Course description <i>Theoretical education</i> Food, diet, health and pharmacy. Determination of energy requirements of different population groups. Determination of energy value of foods. Biochemical characteristics of proteins. Proteins in foods. Proteins and health: physiological roles, nutritive characteristics, protein requirements of different population groups. Food allergies and intolerance. Biochemical characteristics of lipids. Lipids in foods. Lipid substitutes. Lipids and health: physiological roles, lipid requirements of different population groups, health risks. Biochemical properties of carbohydrates. Carbohydrates in foods. Carbohydrates and health: physiological roles, carbohydrate requirements of different population groups, dietary fibers, glycemic index of foods, health risks. Regulatory substances: vitamins and minerals. Water soluble vitamins and health: physiological roles, requirements of different population groups. Fat soluble vitamins and health: physiological roles, requirements of different population groups. Macro minerals: physiological roles, requirements of different population groups. Micro minerals (trace minerals): physiological roles, requirements of different population groups. Drinking water: physiological roles, requirements of different population groups, health risks and safety. Non-nutritive dietary constituents. Nutrition care process and pharmacy. Foods for special dietary uses: definition, legislation. Infant formulae. Dietary supplements: possibilities for use and rational use in different population groups. Probiotics, prebiotics and symbiotics. Dietary supplements in diseases caused by inadequate diet. Dietary supplements in athletes' diet. Foods, dietary supplements and drugs interactions. Genetically modified (GMO) food. Organic food. Functional food. Food labeling. Nutrition and health claims. Risk analysis: management, communication and risk assessment. Risk assessment: identification and characterization of hazard, exposure assessment and risk characterization. Nutrient risk assessment. Food contaminants: natural food contaminants, nitrates, nitrites and nitrosamines, veterinary drugs residues, pesticides residues, polychlorinated biphenyls and dioxins, polycyclic aromatic hydrocarbons. Food additives: colors, emulsifiers, antioxidants, preservatives, sweeteners. Food flavorings. Current topics in food safety in public health. Preventive systems in ensuring food safety. Safety of food packaging materials, cosmetics and toys. <i>Practical education: exercises, other forms of education, research related activities</i> Energy requirements of different population groups. Protein determination by the method of Kjeldahl. Determination of hydroxyproline in meat and meat products (spectrophotometric). Determination of fat by the method of Soxhlet. Determination of the constants of fats and oils (saponification number, peroxide number). Determination of sugars by the method of Luff-Schoorl's. Drinking water (mineral water) safety. Sample preparation for the analysis of pesticide residues by GC-MS. Analysis of pesticide residues using GC-MS. Sample preparation for the determination of toxic metals. Determination of toxic metals by AAS. Determination of colors using paper chromatography. Determination of preservatives, sweeteners and flavors by HPLC. Determination of nitrite in meat products (spectrophotometer). Labeling of foodstuffs. Nutrition and health claims. Rational use of dietary supplements.			
Literature <i>Compulsory</i> 1. Novaković B, Jusupović F, editors. Nutrition and health. Novi Sad (Serbia): Faculty of Medicine; 2016.– selected chapters translated into English 2. Novaković B, Torović Lj, editors. Bromatology - food quality and safety. Novi Sad (Serbia): Faculty of Medicine; 2016. – selected chapters translated into English <i>Additional</i> 1. http://www.efsa.europa.eu 2. http://www.codexalimentarius.net 3. http://ec.europa.eu/food 4. http://www.who.int 5. Mirić M, Stanimirović D. Bromatology practicum, 3 rd ed. Belgrade (Serbia): Grafopan; 2001. – selected chapters translated into English.			
Number of active classes			Other:
Lectures: 60	Practice: 45	Other types of teaching:	Research related activities:
Teaching methods: theoretical and practical education.			
Student activity assessment (maximally 100 points)			
Pre-exam activities	points	Final exam	points
Lectures	10	Written	
Practices	20	Oral	50
Colloquium	20		
Essay			