

<b>Module: SD9 Target-group specific nutrition in catering establishments</b>		
<b>Exam:</b> SD9 Target-group specific nutrition in catering establishments	<b>LV.-No.:</b>	<b>ECTS-Points:</b> 5 CP
<b>Recommended Semester:</b> 4th Semester	<b>Module:</b> Mandatory	<b>Language:</b> German
<b>Responsible lecturer:</b> Prof. Dr. Anja Markant	<b>Cycle:</b> Summer Term	<b>Registration information:</b>
<b>Lecturer in charge:</b> Prof. Dr. Anja Markant		
<b>Learning outcomes</b>	Students are able <ul style="list-style-type: none"> <li>to explain basics of nutrition and deduce interactions between food intake and metabolism</li> <li>to explain the dietary needs/characteristics (incl. critical nutrients) of selected population groups</li> <li>to deduce target-group specific nutritional recommendations for the community catering and create menu lines</li> </ul>	
<b>Form of exam</b>	Module exam: written exam 15% of the examination performance is provided as a result of the course (training) as an advanced examination according to the specifications of the lecturer	
<b>Form of teaching</b>	<ul style="list-style-type: none"> <li>Seminar</li> <li>Training</li> </ul>	
<b>Course contents</b>	<ul style="list-style-type: none"> <li>Basics of a balanced diet</li> <li>Appropriate diet in different phases of life</li> <li>Pathophysiology of nutrition-related diseases and nutrition as therapeutic/preventive intervention</li> <li>Catering as a contribution to individual performance, productivity and health in the business, education and care segments</li> <li>Food planning for specific catering establishments (education, care)</li> </ul>	
<b>Workload</b>	Seminar (2 SWS): Training (1 SWS) Preparation and Follow-up: Sum:	30 h 15 h 105 h 150 h
<b>Requirements</b>	None	
<b>Literature</b>	<ul style="list-style-type: none"> <li>Biesalski H.K.; Bischoff S.; Puchstein, C.: Ernährungsmedizin. Thieme Verlag, Stuttgart (latest edition)</li> <li>Deutsche Gesellschaft für Ernährung (DGE): Referenzwerte für die Nährstoffzufuhr. Frankfurt am Main, Umschau/Braus (latest edition)</li> <li>Elmadfa, I.; Leitzmann, C.: Ernährungslehre. UTB, Stuttgart (latest edition)</li> <li>Hahn, A.; Ströhle, A.; Wolters, M.: Ernährung. Wissenschaftliche Verlagsgesellschaft Stuttgart (latest edition)</li> <li>Kasper, H.: Ernährungsmedizin und Diätetik. Urban &amp; Fischer Verlag, München (latest edition)</li> </ul>	