

<b>Module: SE12 Nutrition of Population Groups</b>		
<b>Exam:</b> SE12 Nutrition of Population Groups	<b>LV.-No.:</b>	<b>ECTS-Points:</b> 5 CP
<b>Recommended Semester:</b> 5th Semester	<b>Module:</b> Mandatory	<b>Language:</b> German
<b>Responsible lecturer:</b> Prof. Dr. Anja Markant	<b>Cycle:</b> Winter 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 the nutritional needs/characteristics (including critical nutrients) of selected population groups</li> <li>to deduce dietary target group-specific recommendations for daily practice</li> <li>to work on and reflect (popular) scientific publications</li> <li>to evaluate and prepare target group-specific products/meals and judge them in relation to the recommendations of professional associations the specialist societies.</li> </ul>	
<b>Form of exam</b>	Module exam: written exam 15% of the examination assessment is allocated to course exercises (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>Practical Training</li> </ul>	
<b>Course contents</b>	<ul style="list-style-type: none"> <li>Nutrition of infants (breast feeding, formular diets)</li> <li>Nutrition of toddlers, children and adolescents</li> <li>Nutrition of adults (including gender food)</li> <li>Nutrition during pregnancy and lactation</li> <li>Nutrition of seniors</li> <li>Nutrition of athletes</li> </ul>	
<b>Workload</b>	Seminar (2 SWS): Mandatory Practical Training Preparation and Follow-up: Sum:	30 h 30 h 90 h 150 h
<b>Requirements</b>	Biochemistry of Nutrition (SE2), Nutrition of healthy humans I & II (SE1 & SE7) Proof of attendance is to be provided during the practical training and is prerequisite for admission to the module examination	
<b>Literature</b>	<ul style="list-style-type: none"> <li>Biesalski, H.K., Grimm, P., Taschenatlas der Ernährung. Georg Thieme Verlag, Stuttgart, New York (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., Ernährung des Menschen, Eugen Ulmer Verlag GmbH &amp; Co, Stuttgart (latest edition)</li> <li>Kersting, M., Kinderernährung aktuell. Umschau Zeitschriftenverlag, Sulzbach im Taunus (latest edition)</li> <li>Kofranyi, E., Wirths, W., Einführung in die Ernährungslehre. Neuer Umschau Buchverlag, Neustadt an der Weinstraße (latest edition)</li> <li>Pertzik, K., Golly, I., Loew, D., Handbuch Vitamine. Urban &amp; Fischer Verlag, Stuttgart (latest edition)</li> </ul>	

