



UČNI NAČRT PREDMETA / COURSE SYLLABUS

Predmet:	PREHRANA V RAZLIČNIH OBDOBJIH ŽIVLJENJA
Course title:	NUTRITION AT DIFFERENT STAGES OF LIFE

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Zdravstvena nega 2. stopnja	/	1.	2.
Nursing Care master study programme	/	1.	2.

Vrsta predmeta / Course type

Obvezni predmet / Compulsory subject

Univerzitetna koda predmeta / University course code:

OP-MAG-2/10

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje Clinical practice	Druge oblike študija Other study forms	Samost. delo Individ. work	ECTS
30	20	/	/	/	100	5

Nosilec predmeta / Lecturer:

doc. dr. Evgen Benedik / Assist. Prof. Evgen Benedik, PhD

Jeziki /
Languages:

Predavanja /
Lectures: Slovenski jezik / Slovene language
Vaje / Tutorial: Slovenski jezik / Slovene language

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:

- Ni pogojev.

Prerequisites:

- No special requirements.

Vsebina:

- Prehranska terminologija
- Spoznati različna obdobja življenja in razvoj človeškega telesa od novorojenčka do starejšega odraslega.
- Pomen prehrane v različnih življenjskih obdobjih
- Prehransko programiranje (prehrana prvih 8000 dni življenja)

Prehrana dojenčka

- Izključno dojenje, mlečne banke, nadomestki materinega mleka.
- Uvajanje mešane prehrane.
- Prehod na prilagojeno družinsko prehrano.

Prehrana otrok

- Spoznati prehranske potrebe in priporočila za vnos hranil pri otrocih.

Content (Syllabus outline):

- Terminology of clinical nutrition.
- Life cycle, different periods of life and the development of the human body from newborn to older adults.
- The importance of nutrition in different stages of life.
- Nutritional programming (nutrition for the first 8000 days of life).

Newborn nutrition

- Exclusive breastfeeding, milk banks, human milk substitutes.
- Introduction of solid food.
- Transition to a family diet.

Child nutrition

- Nutritional needs of children and recommendations for nutrient intake.



<ul style="list-style-type: none">• Šolska prehrana.• Alternativni načini prehranjevanja pri otrocih.• Preprečevanje debelosti pri otrocih. <p>Prehrana mladostnikov</p> <ul style="list-style-type: none">• Pomen prehrane v obdobju pubertete.• Prehranske potrebe pri mladostnikih.• Spodbujanje dobrih prehranskih navad pri mladostnikih. <p>Prehrana odraslih</p> <ul style="list-style-type: none">• Prehrana pri načrtovanju družine.• Prehrana v času nosečnosti.• Prehrana zdravega in delovno aktivnega človeka. <p>Prehrana starejših odraslih</p> <ul style="list-style-type: none">• Vpliv staranja na prehranske potrebe.• Telesna dejavnost pri starejših odraslih.• Vpliv s staranjem povezanih bolezni na prehranske potrebe	<ul style="list-style-type: none">• School meals.• Restricted diets in children.• Prevention of childhood obesity. <p>Adolescent nutrition</p> <ul style="list-style-type: none">• The importance of nutrition during puberty.• Nutritional needs of adolescents and recommendations for nutrient intake.• Promoting good eating habits in adolescents. <p>Adult nutrition</p> <ul style="list-style-type: none">• The role of nutrition in family planning.• Nutrition during pregnancy.• Nutrition for healthy and active adults. <p>Nutrition for older adults</p> <ul style="list-style-type: none">• Impact of aging on nutritional requirements.• Physical activity of older adults.• Impact of aging-related diseases on nutritional needs.
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Temeljni viri in literatura / Textbooks:

<ul style="list-style-type: none">• NIJZ. Referenčne vrednosti za energijski vnos ter vnos hranil. 2016. Ljubljana. Nacionalni inštitut za javno zdravje: 8 str.• Smernice zdravega prehranjevanja za dojenčke. 2010. Ljubljana. Ministrstvo za zdravje RS: 72 str.• Edelstein S. 2015. Life cycle nutrition. 2nd edition. Boston. Jones & Bartlett Learning: 560 str.• Newberry C., Dakin G. 2020. Nutrition and weight management in the elderly. Clinics in Geriatric Medicine. 37, 1: 131-140• Neri M. C., d'Alba L. 2021. Nutrition and healthy aging: prevention and treatment of gastrointestinal diseases. Nutrients. 13, 12: 4337

Cilji:

<ul style="list-style-type: none">• razumevanje prehranskih potreb novorojenčkov, otrok, mladostnikov, odraslih in starejših,• oceniti ustreznost prehrane v vsakem življenjskem obdobju,• sposobnost kritičnega mišljenja, prepoznavanje posameznikovih specifičnih prehranskih potreb.

Objectives:

<ul style="list-style-type: none">• understanding the nutritional needs of newborns, children, adolescents, adults, and the elderly,• assess the nutritional adequacy in each period of life,• critical thinking, recognition of individual specific nutritional needs.

Predvideni študijski rezultati:

<p><u>Znanje in razumevanje:</u> Študent bo ob zaključku tega predmeta razumel pomen ustrezne prehrane v vseh življenjskih obdobjih. Sposoben bo kritično oceniti ustreznost prehrane glede na prehranske potrebe v posameznem življenjskem obdobju in napotiti uporabnika naprej na prehransko obravnavo h kliničnemu dietetiku.</p> <p><u>Uporaba:</u> Študent bo zmožen pridobljena znanja uporabiti v vsakdanjem okolju. Študent bo znal poiskati nacionalna priporočila za vnos hranil in energije, sposoben bo podajati osnovna prehranske usmeritve v</p>

Intended learning outcomes:

<p><u>Knowledge and understanding:</u> Upon completion of this course, the student will understand the importance of proper nutrition in all life stages. He will be able to critically assess the adequacy of the diet in relation to the nutritional needs in a particular period of life and refer the user to further nutritional treatment with a clinical dietitian.</p> <p><u>Application:</u> The student will be able to use the acquired knowledge in the everyday environment. The student will be able to find national recommendations for the intake of nutrients and energy, they will be able to give basic</p>



različnih življenjskih obdobjih. Poznal bo elemente prehranske obravnave v multidisciplinarnem timu.

Vrednotenje:

Študent bo na osnovi razumevanja teoretskih pogledov sposoben oceniti ustreznost prehrane različnih starostnih skupin prebivalstva in skupin oseb s posebnimi prehranskimi potrebami. Sposoben bo prepoznati posameznikove potrebe in ustrezno ukrepati v primeru potrebe po dodatni prehranski podpori pri kliničnemu dietetiku.

Prenosljive spretnosti:

Študent bo ob zaključku tega predmeta sposoben uporabljati, zbirati in interpretirati relevantno literaturo in najnovejša nacionalna priporočila. Študent bo usposobljen za profesionalno in interdisciplinarno reševanje problemov ter se zavedal nujnosti lastnega stalnega strokovnega napredovanja.

nutritional guidelines in different life stages. They will know the elements of nutritional treatment in a multidisciplinary team.

Evaluation:

Based on the understanding of theoretical perspectives, the student will be able to assess the adequacy of nutrition in different age groups of the population and groups of people with special nutritional needs. They will be able to identify individual needs and take appropriate action in the event of the need for additional nutritional support from a clinical dietitian.

Transferable skills:

Upon completion of this course, the student will be able to use, collect and interpret relevant literature and the latest national recommendations. The student will be trained in professional and interdisciplinary problem solving and will be aware of the necessity of his own continuous professional development.

Metode poučevanja in učenja:

- predavanja
- seminar (PBL – učenje na problemu), aktivno delo po skupinah - “igra vlog”)
- organizacija okrogle mize na izbrano temo za sošolce v letniku

Learning and teaching methods:

- lectures
- seminars (PBL- problem based learning), active participation in the group)
- organization of a table talk on a chosen topic for classmates

Delež (v %) /

Percentage

Načini ocenjevanja:

(in %)

Assessment:

<ul style="list-style-type: none">• 80 % prisotnost na obveznih seminarskih vajah.• Oddan in uspešno opravljen zagovor seminarske naloge. Opravljene obveznosti iz seminarske naloge so predpogoj za pristop k izpitu.• Pisni izpit• Ocenjevalna lestvica ECTS: nezadostno (1-5), zadostno 6, dobro 7, prav dobro 8), prav dobro 9, odlično 10.	40 % 60 %	<ul style="list-style-type: none">• 80% attendance at mandatory seminars.• Submitted and successfully defended seminar work. Fulfilled obligations concerning project work are a prerequisite for the exam.• Written exam.• Grading scale ECTS: insufficient (1-5), satisfactory (6), good (7), very good (8), very good (9), and excellent (10).
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Reference nosilca / Lecturer's references:

1. ŠTANGAR, Maruša, ŠTANGAR, Anja, SHTYRBAE, Volha, CIGIČ, Blaž, BENEDIK, Evgen. Rapid weight loss among elite-level judo athletes: methods and nutrition in relation to competition performance. Journal of the International Society of Sports Nutrition. [Online ed.]. 2022, vol. 19, no. 1, str. 380-396, ilustr. ISSN 1550-2783. <https://www.tandfonline.com/doi/full/10.1080/15502783.2022.2099231>, DOI: 10.1080/15502783.2022.2099231. [COBISS.SI-ID 115470083], [JCR, SNIP, WoS] financier: ARRS, Programi, P3-0343, Sl, Etiologija, zgodnje odkrivanje in zdravljenje bolezni pri otrocih in mladostnikih; ARRS, Programi, P3-



- 0395, Sl, Prehrana in javno zdravje; ARRS, Programi, P4-0121, Sl, Biokemijska in biofizikalno-kemijska karakterizacija naravnih snovi
2. URLEP ŽUŽEJ, Darja, BENEDIK, Evgen, BRECELJ, Jernej, OREL, Rok. Partial enteral nutrition induces clinical and endoscopic remission in active pediatric Crohn's disease : results of a prospective cohort study. *European journal of pediatrics*. 2020, vol. 179, str. 431-438. ISSN 0340-6199. DOI: 10.1007/s00431-019-03520-7. [COBISS.SI-ID 5130872], [JCR, SNIP, WoS do 11. 7. 2022: št. citatov (TC): 10, čistih citatov (CI): 10, čistih citatov na avtorja (CIAu): 2,50, Scopus do 19. 7. 2022: št. citatov (TC): 8, čistih citatov (CI): 8, čistih citatov na avtorja (CIAu): 2,00]
 3. VELKAVRH, Manca, PARO PANJAN, Darja, BENEDIK, Evgen, FIDLER MIS, Nataša, GODNOV, Uroš, SOLTROVSKA ŠALAMON, Aneta. The influence of maternal levels of vitamin D and adiponectin on anthropometrical measures and bone health in offspring. *Prilozi*. [Print]. 2019, vol. 40, iss 3, str. 91-98, ilustr. ISSN 1857-9345. http://manu.edu.mk/prilozi/40_3/8.pdf. [COBISS.SI-ID 5171832]
 4. OREL, Anija, HOMAN, Matjaž, BLAGUS, Rok, BENEDIK, Evgen, OREL, Rok, FIDLER MIS, Nataša. Nutrition of patients with severe neurologic impairment. *Radiology and oncology*. [Print ed.]. 2018, vol. 52, no. 1, str. 83-89, vi, graf. prikazi. ISSN 1318-2099. DOI: 10.1515/raon-2017-0060. [COBISS.SI-ID 33498585], [JCR, SNIP, WoS do 18. 4. 2022: št. citatov (TC): 6, čistih citatov (CI): 6, čistih citatov na avtorja (CIAu): 1,00, Scopus do 23. 4. 2022: št. citatov (TC): 6, čistih citatov (CI): 6, čistih citatov na avtorja (CIAu): 1,00]
 5. BENEDIK, Evgen, KOROUŠIČ-SELJAK, Barbara, HRIBAR, Maša, ROGELJ, Irena, BRATANIČ, Borut, OREL, Rok, FIDLER MIS, Nataša. Comparison of a web-based dietary assessment tool with software for the evaluation of dietary records = Primerjava spletne aplikacije in računalniškega programa za ovrednotenje prehranskih dnevnikov. *Zdravstveno varstvo : Slovenian journal of public health*. [Tiskana izd.]. 2015, letn. 54, št. 2, str. 91-97, ilustr. ISSN 0351-0026. <http://www.degruyter.com/view/j/sjph.2015.54.issue-2/sjph-2015-0014/sjph-2015-0014.xml?format=INT>, DOI: 10.1515/sjph-2015-0014. [COBISS.SI-ID 28464423], [JCR, SNIP, WoS do 9. 4. 2022: št. citatov (TC): 4, čistih citatov (CI): 1, čistih citatov na avtorja (CIAu): 0,14, Scopus do 21. 1. 2022: št. citatov (TC): 5, čistih citatov (CI): 1, čistih citatov na avtorja (CIAu): 0,14]
 6. BENEDIK, Evgen, KOROUŠIČ-SELJAK, Barbara, SIMČIČ, Marjan, ROGELJ, Irena, BRATANIČ, Borut, DING, Eric L., OREL, Rok, FIDLER MIS, Nataša. Comparison of paper- and web-based dietary records : a pilot study. *Annals of nutrition and metabolism*. 2014, vol. 64, no. 2, str. 156-166. ISSN 0250-6807. DOI: 10.1159/000363336. [COBISS.SI-ID 1672876], [JCR, SNIP, WoS do 13. 9. 2021: št. citatov (TC): 7, čistih citatov (CI): 6, čistih citatov na avtorja (CIAu): 0,75, Scopus do 8. 6. 2022: št. citatov (TC): 9, čistih citatov (CI): 8, čistih citatov na avtorja (CIAu): 1,00]