

<b>Course title</b>	<b>Safe vitamins and minerals supply</b>
<b>Lecturer</b>	<b>Determined later</b>
<b>Lecturer's email address</b>	
<b>Hours</b>	<b>30</b>
<b>ECTS</b>	<b>5</b>
<b>Academic year</b>	<b>2020/2021</b>
<b>Semester</b>	<b>Winter / summer</b>
<b>Content</b>	<p style="text-align: center;"><b>Vitamins and minerals:</b></p> <ol style="list-style-type: none"> <li>1. <b>Basic role in the body</b></li> <li>2. <b>Rich sources in food</b></li> <li>3. <b>Deficiency symptoms</b></li> <li>4. <b>Tolerable Upper Intake Levels and symptoms of excessive consumption</b></li> <li>5. <b>Safe vitamins and minerals diet supplementation</b></li> </ol>
<b>Learning outcomes</b>	<p><b>At the end of the course the learner is expected to be able to:</b></p> <ol style="list-style-type: none"> <li>6. <b>1. To gain knowledge about basic role vitamins and minerals in the body</b></li> <li><b>2. Indicate rich sources of vitamins and minerals in food</b></li> <li><b>3. Indicate deficiency symptoms of vitamins and minerals</b></li> <li><b>4. Indicate Upper Levels of vitamins and minerals and discuss excessive consumption symptoms</b></li> <li><b>5. Explain what safe vitamin and minerals supplementation is</b></li> </ol>
<b>Selected literature</b>	<ul style="list-style-type: none"> <li>- publications from the pubmed database</li> <li>- Tolarable Upper intake levels for vitamin and minerals. Scientific Committee on Food. Scientific Panel of Dietetic</li> </ul>

	<p><b>Products, Nutrition and Allergies. European Food Safety Authority (EFSA), Brussels 2006.</b></p> <p><b>- Scientific Opinion on the Tolerable Upper Level of vitamin D. EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). EFSA Journal 2012</b></p>
<b>Teaching tools/methods</b>	<p><b>1) Seminary discussion</b></p> <p><b>2) Test of knowledge</b></p>
<b>Form of examination</b>	<p><b>Test of knowledge</b></p>