

Course title	Vitamins and minerals – safe supply
Component code	04-08
Lecturer	Determined later
Lecturer's email address	
Hours	30
ECTS	5
Semester	Winter X Summer X
Content	<p>Vitamins and minerals:</p> <ol style="list-style-type: none"> 1. Basic role in the body 2. Rich sources in food 3. Deficiency symptoms 4. Tolerable Upper Intake Levels and symptoms of excessive consumption 5. Safe vitamin and mineral diet supplementation
Learning outcomes	<p>At the end of the course the learner is expected to be able to:</p> <ol style="list-style-type: none"> 1. To have knowledge about the basic role of vitamins and minerals in the body 2. Indicate rich sources of vitamins and minerals in food 3. Indicate deficiency symptoms of vitamins and minerals 4. Indicate Upper Levels of vitamins and minerals and discuss excessive consumption symptoms 5. Explain what safe vitamin and mineral supplementation involves
Selected literature	<ul style="list-style-type: none"> - publications from the pubmed database - Tolarable Upper intake levels for vitamin and minerals. Scientific Committee on Food. Scientific Panel of Dietetic Products, Nutrition and Allergies. European Food Safety Authority (EFSA), Brussels 2006.

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