

1. Tantárgyelem neve:	Dietetics	Kreditértéke:	3
Tantárgyelem besorolása:	obligatory		
A Tantárgyelem elméleti vagy gyakorlati jellegének mértéke, "képzési karaktere":		elmélet (%):	80
		gyakorlat (%):	20
A tanóra típusa:		seminar	
óraszám, az adott félévben:	2 weekly		
Az adott ismeret átadásában alkalmazandó további módok, jellemzők:			
A számonkérés módja:		practice mark (5)	
A tantárgyelem tantervi helye (hányadik félév):	3		
Előtanulmányi feltételek:	Functional Anatomy		
Tantárgyelem-leírás:			
Students should get to know the physiological basis of feeding infants and young children, the physiological nutritional values and nutritional content of foodstuffs and meals, as well as the regulatory documents of institutional catering and the hygienic and technological rules of food production.			
Content:			
Types of nutrients and nutrient requirements. Metabolism, digestion and absorption. Grouping of foodstuffs, food, nutritional composition, importance and use. The basics of modern infant and toddler feeding. Food technology and hygiene. The rules of diet planning. Dairy, formulas and their application. Feeding sick infants and young children. Nutritional problems. Food related documentation. Special diets, diets (vegetarian diet, dietary requirements due to religious reasons, following national traditions, etc.)			
KÖTELEZŐ IRODALOM			
<ol style="list-style-type: none"> 1. Pries, A. M., Filteau, S., Ferguson, E. L. (2019) Snack food and beverage consumption and young child nutrition in low- and middle-income countries: A systematic review. https://doi.org/10.1111/mcn.12729 2. Kähkönen, K., Anna Rönkä, A., Hujo, M., Lyytikäinen, A., Nuutinen, O. (2018) Sensory-based food education in early childhood education and care, willingness to choose and eat fruit and vegetables, and the moderating role of maternal education and food neophobia. Cambridge University Press. https://www.cambridge.org/core/journals/public-health-nutrition/article/sensorybased-food-education-in-early-childhood-education-and-care-willingness-to-choose-and-eat-fruit-and-vegetables-and-the-moderating-role-of-maternal-education-and-food-neophobia/2A2F096CAA6E601111689267BAA5625C 3. Jacklyn Kay Jackson, J. K., Jannah Jones, J., Nguyen, H., Davies, I. et al (2021) Obesity Prevention within the Early Childhood Education and Care Setting: A Systematic Review of Dietary Behavior and Physical Activity Policies and Guidelines in High Income Countries 4. Food safety and quality. https://ec.europa.eu/info/food-farming-fisheries/food-safety-and-quality_en 5. Goldbohm, R. A., Rubingh, C. M., Lanting, C. I., Joosten, K. F. M. (2016) Food Consumption and Nutrient Intake by Children Aged 10 to 48 Months Attending Day Care in The Netherlands. <i>Nutrients</i> 2016, 8, 428; doi:10.3390/nu8070428 https://www.researchgate.net/figure/Mean-daily-nutrient-intake-by-children-attending-childcare-by-age-mean-of-2-days_tbl1_30533789. 			
AJÁNLOTT IRODALOM			
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TUDÁS

- They apply their knowledge of health science and methodology with a holistic approach and in an adaptive way, taking into account the individual characteristics of children and the characteristics of the age group.
- Knows the basic documents of institutional early childhood education, its legal background, the goals, principles, tasks, forms of activity, methodological tools and the connections between them.

KÉPESSÉG

- They apply their knowledge of health science and methodology with a holistic approach and in an adaptive way, taking into account the individual characteristics of children and the characteristics of the age group.
- Based on the knowledge of children under three years of age and the group of children, he determines the goals, tasks and content of the education, plans, shapes, analyzes and evaluates the educational process in accordance with the objectives and professional framework of the given institution.
- They support the child's independence, the development of habits and a healthy lifestyle.
- The biological needs of the small child are recognized and they are satisfied in a differentiated way, in line with the child's maturation and development processes and needs.

ATTITÚD

- Need satisfaction and care adapted to the individual needs of the child are considered to be primary, as well as the establishment of a healthy system of habits.

AUTONÓMIA-FELELŐSSÉG

- They know and comply with the ethical and employment-related rules and expectations of their field of expertise.
- Within the framework set by legislation and institutional rules, they independently decide on the solution of problem situations related to their work.

A tantárgyelem felelőse

Név:	Venyingi Beáta	Beosztás:	mestertanár
Tudományos fokozat:			