"APPROVE"
Medical prevention and public health,
ecology and environmental protection and
Dean of the Faculty of Chemistry _____ F. I. Salomova
"___" _____ 2024 year

THEMATIC PLAN

Department: Hygiene of children, teenagers and hygiene of nutrition
Science: Nutrition hygiene
Faculty: Medical prevention and public health
Course:3 (S.....) **Semester:**5-6 **Hours allocated:** 46

TIBBIYOT PROFILAKTIKA FAKULTETI

PRACTICAL SESSIONS

№	Topics of practical training	Hour	Place of instruction
1	The purpose, objectives and basic concepts of studying the science of food hygiene	2	Department
2	The importance of proteins in nutrition	2	Department
3	The importance of fats and oils in nutrition	2	Department
4	The importance of carbohydrates in nutrition	2	Department
5	Methods for studying population nutrition	2	Department
6	Analysis of energy adequacy of food	2	Department
7	Determining the adequacy of daily energy consumption	2	Department
8	Types of energy expenditure of the body	4	Department
9	The procedure for determining the body's energy expenditure	4	Department
10	The procedure for determining the body's energy expenditure	4	Department
11	Analysis of the body's energy expenditure	4	Department
12	Basic metabolism, digestion and energy determination	4	Department
13	Determining the body's nutritional needs	4	Department
14	Importance of foods with high nutritional value	4	Department
15	Hygienic examination of food products. Scientific and practical work. IC	4	Department
	Total	46	

Department head, professor **N. J. Ermatov**
Responsible for educational work, Sen. lect. **B. B. Ortikov**