

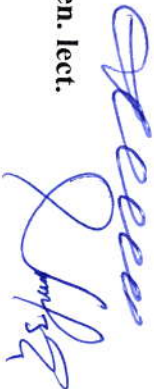
THEMATIC PLAN

Department: Hygiene of children, teenagers and hygiene of nutrition
Science: Nutrition hygiene
Faculty: Medical prevention and public health
Course: 3 (S.....a,b) **Semester:** 5-6 **Hours allocated:** 14

LECTURE CLASSES

No	Lecture topics	Hour
1	Study of basic concepts of nutrition science and food hygiene, history of the development of food hygiene	2
2	Nutrition theories	2
3	Healthy eating criteria	2
4	Rational and balanced nutrition	2
5	The importance of proteins in nutrition	2
6	The importance of fats and oils in nutrition	2
7	The importance of carbohydrates in nutrition	2
Total		14

Department head, professor
Responsible for educational work, Sen. lect.



N. J. Ermatov
B. B. Ortikov

“APPROVE”

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

