

“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:** 4 (S.....a,b)      **Semester:** 7-8

**Hours allocated:** 14

**LECTURE CLASSES**

<b>№</b>	<b>Lecture topics</b>	<b>Hour</b>
1	The importance of proteins in nutrition	2
2	The importance of fats in nutrition	2
3	The importance of carbohydrates in nutrition	2
4	The importance of vitamins in nutrition	2
5	The importance of minerals in nutrition	2
6	The importance of dairy products in the diet of the population	2
7	The importance of meat products in the diet of the population	2
<b>Total</b>		<b>14</b>

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

**N. J. Ermatov**  
**B. B. Ortikov**