



MINISTRY OF HEALTH OF UKRAINE  
NATIONAL UNIVERSITY OF PHARMACY  
Department of Pharmacognosy and Nutriciology

# Selective educational component "Basics of rational nutrition"

educational program «Pharmacy»  
specialty «226 Pharmacy, industrial pharmacy»



The course "**Basics of rational nutrition**" studies the nutritional composition of food, the main provisions and principles of rational nutrition, as well as the nutritional assessment of the diet.



# The importance of learning the basics of healthy nutrition



According to the World Health Organization, **40-45 %** of human health depends on **nutrition**.

A circular collage of various healthy foods including salmon, nuts, vegetables, and fruits. The collage is set against a white background with a red curved border on the left side. The text "The purpose of discipline" is overlaid in white on the collage.

## The purpose of discipline

Formation of a system of theoretical knowledge, practical skills and skills regarding the organization of the nutrition system of a healthy and sick person at different age stages of his life by applying modern scientific provisions of nutricology and evaluating the nutritional composition of food products used for prevention and treatment of the population.





## What will we study?

- Basic principles of rational nutrition.
- The concept of medical nutrition, its types. Alternative types of food.
- The concept of food poisoning and its prevention.
- Basics of Nutrition.
- Nutrient composition of foods for different nosological forms of diseases.
- Basics of rational nutrition for different population groups.



Learn  
about:

## Basics of rational nutrition:

- Pregnant and breastfeeding women
- Children and adolescents
- Elderly people
- Athletes
- Workers in production with harmful working conditions



## Learn:

- calculate the physiological needs of the body in food and biologically active substances with justification of the energy value and nutrient composition of the diet;
- evaluate the nutritional composition of food products of different population groups;
- evaluate food products in accordance with the requirements of the relevant regulatory documentation and formulate conclusions regarding their quality and compliance with standards;
- have practical skills in the basics of rational nutrition in professional activities with justification of measures aimed at strengthening the health of the population.



Those who do not have time for healthy eating will sooner or later have to find time for illness.

*Edward Stanley*



The food you eat can either be the safest and most powerful form of medicine or the slowest form of poison.

*Ann Wigmore*



# THANK YOU FOR YOUR ATTENTION!



National University of Pharmacy  
53, Pushkinska str, Kharkiv, 61002, Ukraine

E-mail: [mail@nuph.edu.ua](mailto:mail@nuph.edu.ua)  
<https://nuph.edu.ua>