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ФИО: Оботурова Наталья Павловна

Должность: Декан факультета пищевой инженерии и биотехнологий имени

академика А.Г. Храмцова

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Abstract to the work program of the discipline

Name of the discipline	Основы физиологии и рационального питания / Principles of physiology and healthy nutrition
Summary	Socio-economic problems of nutrition and public health. Nutrition theories, their essence, advantages and disadvantages. The fundamental foundations of a rational, adequate and functional diet. The superorganism and its microbiota. Biologically active substances in human life (nutraceuticals, eubiotics, parapharmaceuticals). Types of pharmacosanation: alimentary, medical, special. Functional food products
The results of mastering the discipline	Mastering the basic biological laws, groups of factors affecting the fullness of human life and health; nutrition structures of various age groups of the population; various theories of nutrition, their advantages and disadvantages; areas of application of functional food products. Getting the skills to form the diet of a modern person using functional ingredients. Free use of means and methods of strengthening individual health, physical self-improvement
Labor intensity, ie.	3
Reporting form	Credit with an assessment
The list of basic and additional literature necessary for the development of the discipline	
Basic literature	1. Dimitriev A.D. Fundamentals of nutrition physiology [Electronic resource]: textbook / A.D. Dimitriev. — The electron. text data. — Saratov: University Education, 2018. — 230 p. — 978-5-4487-0167-2. — Access mode: http://www.iprbookshop.ru/74957.html 2. Myachikova N. I. Legislation in the field of production of functional products and the development of regulatory and technical documents for new types of food: a textbook / N. I. Myachikova I. Y. Korotkikh. — St. Petersburg: Troitskiy Most, 2022. — 272 p. — ISBN 978-5-4377-0151-5. — Text: electronic // Digital educational resource IPR SMART: [website]. — URL: https://www.iprbookshop.ru/116123.html 3. Stepycheva, N. V. Theoretical and practical aspects of the development of functional bakery products: a textbook / N. V. Stepycheva, S. N. Petrova. — St. Petersburg: Troitskiy Most, 2022. — 186 p. — ISBN 978-5-4377-0153-9. — Text: electronic // Digital educational resource IPR SMART: [website]. — URL: https://www.iprbookshop.ru/117288.html
Additional literature	1. Poznyakovsky, V. M. Hygienic fundamentals of nutrition, quality and safety of food products [Electronic resource] : textbook / V. M. Poznyakovsky. — The electron. text data. — Saratov : University education, 2014. — 453 p. — 2227-8397. — Access mode: http://www.iprbookshop.ru/4175.html 2. Barysheva, E. S. Biochemical foundations of nutrition physiology [Electronic resource] : textbook / E. S. Barysheva. — The electron. text data. — Orenburg : Orenburg State University, EBS DIA, 2017. — 200 p. — 978-5-7410-1676-3. — Access mode: http://www.iprbookshop.ru/71266.html