



# UNIVERSITATEA DE ȘTIINȚE AGRICOLE ȘI MEDICINĂ VETERINARĂ CLUJ-NAPOCA

Calea Mănăstur 3-5, 400372, Cluj-Napoca

Tel: 0264-596.384, Fax: 0264-593.792

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No. \_\_\_\_\_ of \_\_\_\_\_

USAMV form CN-0702020219

## SUBJECT OUTLINE

### 1. Information on the programme

1.1. Higher education institution	University of Agricultural Sciences and Veterinary Medicine of Cluj-Napoca
1.2. Faculty	Food Science and Technology
1.3. Department	Food Science
1.4. Field of study	Food Engineering
1.5. Education level	Bachelor
1.6. Specialization/ Study programme	<b>Food control and expertise (CEPA)</b>
1.7. Form of education	Full time

### 2. Information on the discipline

2.1. Name of the discipline	Psychology of Human Nutrition							
2.2. Course coordinator	Prof dr Ramona Suharoschi							
2.3. Seminar/ laboratory/ project coordinator	Lecturer dr Oana Lelia Pop							
2.4. Year of study	II	2.5. Semester	III	2.6. Type of evaluation	continuous	2.7. Discipline status	Content <sup>2</sup>	DD
							Compulsoriness <sup>3</sup>	DI

### 3. Total estimated time (teaching hours per semester)

3.1. Hours per week – full time programme	4	out of which: 3.2. lecture	2	3.3. seminar/ laboratory/ project	2
3.4. Total number of hours in the curriculum	56	Out of which: 3.5. lecture	28	3.6. seminar/laboratory	28
Distribution of the time allotted					hours
3.4.1. Study based on book, textbook, bibliography and notes					8
3.4.2. Additional documentation in the library, specialized electronic platforms and field					8
3.4.3. Preparing seminars/ laboratories/ projects, subjects, reports, portfolios and essays					5
3.4.4. Tutorials					8
3.4.5. Examinations					5
3.4.6. Other activities					0
3.7. Total hours of individual study	44				
3.8. Total hours per semester	90				
3.9. Number of credits <sup>4</sup>	3				

### 4. Prerequisites (is applicable)

4.1. curriculum-related	Organic Chemistry, Food Chemistry, Bio Chemistry, Mathematics and Statistics
4.2. skills-related	. The student must have knowledge of the chemical and biochemical characteristics of compounds specific to living matter; operating IT; office use (xls); Internet browsing; qualities of individual work and participation in professional development

### 5. Conditions (if applicable)

5.1. for the lecture	The course is interactive; students can ask questions regarding the content of lecture. Academic discipline requires compliance with the start and end of the course. We do not allow any other activities during the lecture, mobile phones will be turned off.
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5.2  
proiect

laboratory materials (made available in the book that describes the laboratory work). Academic discipline is imposed throughout the course of practical works.

### 6. Specific competences acquired

P r o f e s s i o n a l c o m p e t e n c e s	<p>C1.1. Description and use of basic concepts, theories and methods in food science (defined in multidisciplinary terms), regarding the structure, properties and transformations of food components and contaminants during the agri-food chain.</p> <p>C3 -Supervision, management, analysis and design of a nutritional study.</p> <p>C3.4 - Evaluation according to the existing standards of the applied nutrition performances.</p> <p>C4.1 - Interpretation of legislation in the field of food industry as well as the basic notions of management and marketing, in strict compliance with the principles of human nutrition and regulations in force on food additives;</p> <p>C5.2. Identify institutional responsibilities related to food safety and consumer protection</p>
T r a n s v e r s a l c o m p e t e n c e s	<p>-CT2. - Applying interrelationship techniques within a team; amplifying and refining the empathic capacities of interpersonal communication and assuming specific attributions in carrying out group activities in order to resolve individual / group conflicts, as well as optimal time management.</p>

### 7. Course objectives (based on the list of competences acquired)

7.1. Overall course objective	To know the basic principles of human nutrition; to know and understand the role of macronutrients in public health; to know and understand the role of micronutrients in public health.
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7.2

ive

role in generating food policies.

To be able to interpret the results of market studies and to make recommendations regarding market trends and consumer preferences.

### 8. Content

8.1. LECTURE Number of hours – 28	Teaching methods  Lecture	Notes  1 lecture = 2 hours
Social factors and the effect of nutrition on the psyche. The importance of eating behavior and the effect of nutrition on the psyche Applying knowledge about the effect of nutrition on behavior Methodology of experimental research on consumer behavior in food science Psychological and social factors that influence food consumption Psychogenic disorders of food consumption and dysfunctions of eating behavior. The effect of basic micronutrients (vitamins, minerals) on the human psyche and behavior. The effect of food supplements on eating behavior, the effect of pro-energy macronutrients - protein, protein-energy malnutrition on CNS activity and human behavior. Nutrition in ontogeny Changes in eating habits: the effect of nutrition in prenatal periods, the development of the child's eating behaviors. The development of food preferences and food adverbs, determinants of eating behavior, changes in adult eating habits, nutrition, connection to life expectancy and the harsh effect of pishic in the elderly. Satisfactory and unsatisfactory food Perspectives of the relationship between nutrients and consumer psychology. Market research - evaluation of the agri-food market trend Market research - consumer preferences	Lecture, explanation and debates Lecture, explanation and debates  Lecture, explanation and debates  Lecture, explanation and debates  Lecture, explanation and debates  Lecture, explanation and debates  Lecture, explanation and debates  Lecture, explanation and debates Lecture, explanation and debates  Lecture, explanation and debates  Lecture, explanation and debates Lecture, explanation and debates  Lecture, explanation and debates  Application course	2 hours 2 hours  2 hours  2 hours  2 hours  2 hours  2 hours  2 hours 2 hours  2 hours  2 hours 2 hours  2 hours  2 hours
<ol style="list-style-type: none"> <li>1. Eds R. Shepherd and M Raats, The Psychology of Food Choice, University of Surrey, UK, 2006</li> <li>2. James N. Roemmich, Maya J. Lambiase, Christina L. Lobarinas, Katherine N. Balantekin, Interactive effects of dietary restraint and adiposity on stress-induced eating and the food choice of children. Eating Behaviors, 2011</li> <li>3. Terence M. Dovey, Paul A. Staples, E. Leigh Gibson, Jason C.G. Halford, Food neophobia and 'picky/fussy' eating in children: Appetite, 2008</li> </ol> <p>Arianna D. McClain, Mary Ann Pentz, Selena T. Nguyen-Rodriguez, Hee-Sung Shin, Nathaniel R. Riggs, Donna Spruijt-Metz, Measuring the meanings of eating in minority youth. Eating Behaviors, 2011</p>		
8.2. PRACTICAL WORK Number of hours –	Theoretical presentation of practical works	1 lab work (2 hours / work)
Bibliographic study	explanation, debate, problematization, case study	15 hours
Case studies		5 hours



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The prologue link between food preferences and health

problematic, case study  
explanation, debate,  
problematic, case study

2 hours

Early intervention and prevention studies  
Personalized Nutritional Plan Design (Personalized  
Nutrition) - Implementation of SMART Nutritional  
Objectives

explanation, debate,  
problematic, case study  
explanation, debate,  
problematic, case study

4 hours

### Compulsory bibliography:

1. Eds R. Shepherd and M Raats, The Psychology of Food Choice, University of Surrey, UK, 2006
2. James N. Roemmich, Maya J. Lambiase, Christina L. Lobarinas, Katherine N. Balantekin, Interactive effects of dietary restraint and adiposity on stress-induced eating and the food choice of children. Eating Behaviors, 2011
3. Terence M. Dovey, Paul A. Staples, E. Leigh Gibson, Jason C.G. Halford, Food neophobia and 'picky/fussy' eating in children: Appetite, 2008

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### Optional bibliography: -

## 9. Corroborating the course content with the expectations of the epistemic community representatives, of the professional associations and of the relevant stakeholders in the corresponding field

The knowledge taught in the course is necessary to know and understand the role of factors influencing the choice of a healthy diet based on the principles of a balanced diet in ensuring health and the role of the food industry specialist in developing safe, attractive and high nutritional value food products.

## 10. Assessment

Type of activity	10.1. Assessment criteria	10.2. Assessment methods	10.3. Percentage of the final grade
<b>10.4. Lecture</b>	periodic or partial tests	Verification along semester - a number of 4 verifications are scheduled	35%
	participation in scientific circles and / or professional competitions	Practical and theoretical skills	5%
<b>10.5. Seminar/Laboratory</b>	Evaluation during the semester	Assignments	20%
	Final evaluation (the scheduled assignments)	Written exam	40%
<b>10.6. Minimum performance standards</b>			
<ul style="list-style-type: none"> <li>• Solving a concrete food science problem based on a given algorithm</li> <li>• Carrying out a literature study (nutrition and health).</li> </ul>			

<sup>1</sup> Level of study- to be chosen one of the following - Bachelor/Post graduate/Doctoral

<sup>2</sup> Course regime (content) – for bachelor level it will be chosen one of the following - **DF** (fundamental subject), **DD** (subject in the domain), **DS** (specific subject), **DC** (complementary subject).

<sup>3</sup> Course regime (compulsory level) - to be chosen one of the following - **DI** (compulsory subject), **DO** (optional subject), **DFac** (facultative subject)

<sup>4</sup> One ECTS is equivalent with 25-30 de hours of study (didactical and individual study).

Filled in on  
06.09.2021

Course coordinator  
Prof dr. SUHAROSCHI Ramona

Laboratory work/seminar coordinator  
Lecturer. dr.POP Oana Lelia



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Approved by the  
Department on  
22.09.2021

Head of the Department  
**Prof dr. SUHAROSCHI Ramona**

Approved by the Faculty  
Council on  
28.09.2021

Dean  
**Prof dr. MUDURA Elena**