UNIVERSITATEA DE ŞTIINŢE AGRICOLE ŞI MEDICINĂ VETERINARĂ CLUJ-NAPOCA
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No._____of _____ **USAMV form CN-0701010325**

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	Technology of agricultural products processing (TPPA)
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	I	2.5. Semester	**II**	2.6. Type of evaluation	continuous	2.7. Discipline status	Content[2]	DD
							Compulsoriness [3]	DFac

3. Total estimated time (teaching hours per semester)

3.1. Hours per week – full time programme	2	out of which: 3.2. lecture	1	3.3. seminar/ laboratory/ project	1
3.4.Total number of hours in the curriculum	28	Out of which: 3.5.lecture	14	3.6.seminar/laboratory	14
Distribution of the time allotted					hours
3.4.1. Study based on book, textbook, bibliography and notes					18
3.4.2. Additional documentation in the library, specialized electronic platforms and field					10
3.4.3. Preparing seminars/ laboratories/ projects, subjects, reports, portfolios and essays					6
3.4.4.Tutorials					8
3.4.5.Examinations					5
3.4.6. Other activities					0
3.7. Total hours of individual study	47				
3.8. Total hours per semester	75				
3.9. Number of credits[4]	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.
5.2. for the seminar/ laboratory/ project	During practical works, each student will develop an individual activity with 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

Professional competences	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. C3 -Supervision, management, analysis and design of a nutritional study. C3.4 - Evaluation according to the existing standards of the applied nutrition performances. 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; C5.2. Identify institutional responsibilities related to food safety and consumer protection
Transversal competences	-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.

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.
7.2. Specific objectives	Highlighting the factors that influence food choice, factors that have a decisive 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 – 14**	Teaching methods Lecture	Notes 1 lecture = 2 hours
Social factors and the effect of nutrition on the psyche.	Lecture, explanation and debates	1 hour
The importance of eating behavior and the effect of nutrition on the psyche	Lecture, explanation and debates	1 hour
Applying knowledge about the effect of nutrition on behavior	Lecture, explanation and debates	1 hour
Methodology of experimental research on consumer behavior in food science	Lecture, explanation and debates	1 hour
Psychological and social factors that influence food consumption	Lecture, explanation and debates	1 hour
Psychogenic disorders of food consumption and dysfunctions of eating behavior. The effect of basic micronutrients (vitamins, minerals) on the human psyche and behavior.	Lecture, explanation and debates	1 hour
The effect of food supplements on eating behavior, the effect of pro-energy macronutrients - protein, protein-energy malnutrition on CNS activity and human behavior.	Lecture, explanation and debates	1 hour
Nutrition in ontogeny	Lecture, explanation and debates	1 hour
Changes in eating habits: the effect of nutrition in prenatal periods, the development of the child's eating	Lecture, explanation and debates	1 hour

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.	Lecture, explanation and debates	1 hour
Satisfactory and unsatisfactory food	Lecture, explanation and debates	1 hour
Perspectives of the relationship between nutrients and consumer psychology.	Lecture, explanation and debates	1 hour
Market research - evaluation of the agri-food market trend	Lecture, explanation and debates	1 hour
Market research - consumer preferences	Application course	1 hour

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

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

8.2. PRACTICAL WORK **Number of hours – 14**	Theoretical presentation of practical works	1 lab work (2 hours / work)
Bibliographic study	explanation, debate, problematization, case study	7 hours
Case studies	explanation, debate, problematization, case study	3 hours
The psychological link between food and health	explanation, debate, problematization, case study	1 hour
The prologue link between food preferences and health	explanation, debate, problematization, case study	1 hour
Early intervention and prevention studies Personalized Nutritional Plan Design (Personalized Nutrition) - Implementation of SMART Nutritional Objectives	explanation, debate, problematization, case study	2 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
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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
10.4. Lecture	periodic or partial tests	Verification along semester -	35%

		a number of 4 verifications are scheduled	
	participation in scientific circles and / or professional competitions	Practical and theoretical skills	5%
10.5. Seminar/Laboratory	Evaluation during the semester	Assignments	20%
	Final evaluation (the scheduled assignments)	Written exam	40%
10.6. Minimum performance standards			
• Solving a concrete food science problem based on a given algorithm • Carrying out a literature study (nutrition and health).			

[1] Level of study- to be chosen one of the following - Bachelor/Post graduate/Doctoral

[2] 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).

[3] Course regime (compulsory level) - to be chosen one of the following - **DI** (compulsory subject), **DO** (optional subject), **DFac** (facultative subject)

[4] One ECTS is equivalent with 25-30 de hours of study (didactical and individual study).

Filled in on
08.09.2021

Course coordinator
Prof. SUHAROSCHI Ramona, PhD

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

Subject coordinator
Prof. SUHAROSCHI Ramona, PhD

Approved by the Department on
22.09.2021

Head of the Department
Prof. SUHAROSCHI Ramona, PhD

Approved by the Faculty Council on
28.09.2021

Dean
Prof. MUDURA Elena, PhD