

Contents

Preface.....	ix	Unit 10 - High-energy and protein supplements. Alternative diets.....	115
PRACTICAL PART			
Chapter I		Chapter III	
Healthy living			
Unit 1 - Fit for life. Walking for fitness.....	1	Unit 1 - Modern diets. About digestion.....	121
Unit 2 - Weight watching. Learning to relax.....	9	Unit 2 - Symbiosis. Secretion.....	128
Unit 3 - Coping with stress. Yoga.....	17	Unit 3 - Motility. Emotion and digestion.....	136
Unit 4 - Nutritional know-how	23	Unit 4 - Fatty foods. Raw foods and the importance of cooking 1.....	142
Unit 5 - Nutrient deficiencies. The health-conscious cook.....	31	Unit 5 - Raw foods and the importance of cooking 2. The flavour principle.....	146
Unit 6 - The dangers of addiction. Hygiene and health care.....	38	Unit 6 - Sweet. Salty/savoury.....	152
Chapter II		Unit 7 - Sour. Bitter.....	156
Understanding food and nutrition			
Unit 1 - How your body uses food. Turning food into nutrients. Energy.....	46	Unit 8 - Spicy/aromatic. Using flavours to create a strong, health-giving diet 1	162
Unit 2 - Proteins. Fats.....	55	Unit 9 - Using flavours to create a strong, health-giving diet 2. How to put together a healthy meal 1.....	166
Unit 3 - Carbohydrates. Starches.....	65	Unit 10 - How to put together, and eat, a healthy meal 2. Time to cook.....	174
Unit 4 - Vitamins.....	73	Unit 11 - Seasonal cooking. Be-Your-Own-Nutritionist Food Tower.....	180
Unit 5 - Minerals. Healthy eating.....	80	Unit 12 - Fresh fats. What we shouldn't be eating 1.....	186
Unit 6 - A healthy weight. Food labelling.....	87	Unit 13 - What we shouldn't be eating 2.....	192
Unit 7 - Nutritional claims. Food additives.....	94		
Unit 8 - Other preservatives. Food allergy and intolerance.....	101		
Unit 9 - Foods that may cause allergies. Dietary supplements, alternative diets and 'health foods'.....	109		

Unit 14 - How and where to get the best food. Well produced/ organic food. Specialist retailers.....	199
Unit 15 - How to loose weight.....	210
Unit 16 - Herbs, spices and medicinal foods. Spices	216
Unit 17 - Medicinal vegetables. Medicinal beans.	223
Unit 18 - Medicinal nuts and seeds	230

Chapter IV

Good cooking made easy. Recipes.

Unit 1 - Planning the menu. First courses.....	233
Unit 2 - Lunch and supper dishes. Desserts.....	242
Unit 3 - Recipes 1	250
Unit 4 - Recipes 2	257
Unit 5 - Recipes 3	264

THEORETICAL PART

Chapter I

Human body in health and disease	
Unit 1 - Cardiovascular system.....	272
Unit 2 - Nervous system	278
Unit 3 - Endocrine system.....	283
Unit 4 - Diabetes mellitus 1	289
Unit 5 - Diabetes mellitus 2	294
Unit 6 - Female reproductive system. Pregnancy. Growth and development review.	301
Unit 7 - Care of older patients 1.....	310
Unit 8 - Care of older patients 2.....	318
Unit 9 - Care of older patients 3.....	325
Unit 10 - Physical well-being. Nutrition 1.....	331
Unit 11 - Physical well-being. Nutrition 2.....	335
Unit 12 - Principles of weight control. Physical fitness.....	343
Unit 13 - Disease prevention. Mental and emotional health.	351

Unit 14 - Stress. Reactions to stress.....	358
--	-----

Chapter II

Human nutrition and prevention of food-borne diseases

Unit 1 - Human nutrition. Human gastrointestinal tract 1	365
Unit 2 - Human gastrointestinal tract 2. Foods composition.	374
Unit 3 - The importance of whole grains and dietary fibre. Diabetes mellitus.....	384
Unit 4 - Proteins. Fats.	394
Unit 5 - Vitamins 1	401
Unit 6 - Vitamins 2	408
Unit 7 - Vitamins 3. Minerals 1.....	417
Unit 8 - Minerals 2	428
Unit 9 - Nutritional and eating disorders. Risks of malnutrition.....	436
Unit 10 - Obesity. Eating disorders.	445
Unit 11 - Food-borne diseases. Biological hazards. Pathogenic bacteria 1.	454
Unit 12 - Pathogenic bacteria 2.....	465
Unit 13 - Pathogenic bacteria 3. Parasitic protozoa and helminths 1.....	472
Unit 14 - Parasitic protozoa and helminths 2.....	480
Unit 15 - Viruses. Moulds.	488
Unit 16 - Natural toxins. Protoplasmic poisons.	496
Unit 17 - Mycotoxins. Chemical hazards.	506
Unit 18 - Heavy metals. Added chemicals.....	516
Unit 19 - Food allergy and intolerances. Differential diagnosis.	524

Unit 20 - Food safety assurance.	
Food technologies for preservation.....	530
Unit 21 - Cooling (refrigeration).	
Chemical techniques.....	539

Chapter III

Basics in clinical nutrition

Unit 1 - Ethical and legal aspects. Basic concepts in nutrition.....	550
Unit 2 - Diagnosis of malnutrition - screening and assessment.....	559
Unit 3 - Nutritional requirements for health at rest and upon exercise	565
Unit 4 - Metabolism	573
Unit 5 - Simple and stress starvation. Injury and sepsis.	581
Unit 6 - Metabolic response to injury and sepsis.....	588
Unit 7 - Substrates used in parenteral and enteral nutrition	594
Unit 8 - Techniques of nutritional support.....	604
Unit 9 - Parenteral nutrition	611
Unit 10 - Drugs and nutritional admixtures.....	619
Unit 11 - Nutritional support in different clinical situations 1	627
Unit 12 - Nutritional support in different clinical situations 2	636
Unit 13 - Nutritional support in different clinical situation 3.....	646
Unit 14 - Nutritional support in different clinical situations 4	654
Bibliography	663