

Nutrition in Modern Society

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Masaryk University, Brno, 8.4.2021

- 08., 15., 22., 29. 04. and 06.05. 2021

Time: 17.00 – 19.00

Join Zoom Meeting

<https://uni-lj-si.zoom.us/my/skostanjevec?pwd=dFFsOEpOVVdrTm95VFVMU0RhaVRQZz09>

University of Ljubljana Faculty of Education



ERASMUS
STUDENTS ARE
WELCOME!

YOU TOO 😊



Contents

- Who we are?
- Slovenia
- Determinants of People Nutrition
- Nutrigenomics and Nutrigenetics
- Nutritional Status and Energy Needs
- Food Composition and Sensory
- Dietary Guidance
- Nutrition Planning
- Promoting Healthy Nutrition

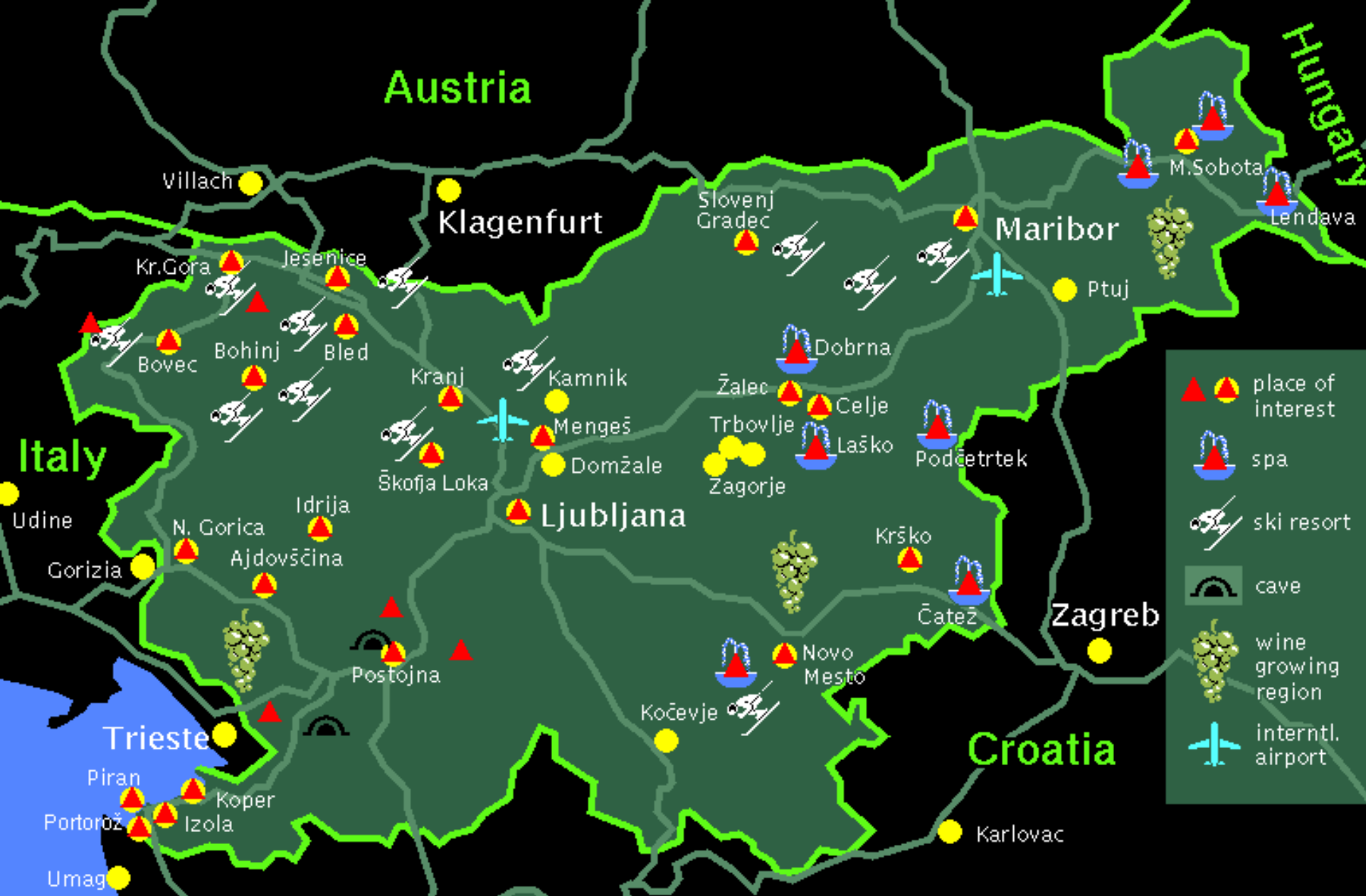
COVID-19 ... 8.4.2021



#	Country, Other	Total Cases	New Cases	Total Deaths	New Deaths	Total Recovered	Active Cases	Serious, Critical	Tot Cases/ 1M pop	Deaths/ 1M pop	Total Tests	Tests/ 1M pop	Population
63	Paraguay	227,116		4,584		186,730	35,802	436	31,546	637	951,218	132,123	7,199,490
64	Slovenia	223,416	+1,527	4,097	+5	205,655	13,664	129	107,455	1,971	1,091,068	524,765	2,079,157
18	Czechia	1,567,848	+7,015	27,466	+56	1,434,281	106,101	1,349	146,197	2,561	13,812,844	1,288,004	10,724,225

ZOOM POLLS

**How much you are interested
for...**







Ljubljana



Triglav 2864 m



Bled



Postojna cave



Human Fish



Kranjska gora



Velika planina



Piran



Portorož

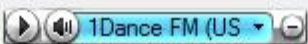




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WHAT THE NATURE CAN'T
CREATE, WE CAN.

The ski of **Tina Maze**, World champion 2011

STÖCKLI
outdoor sports

team to a maze

US

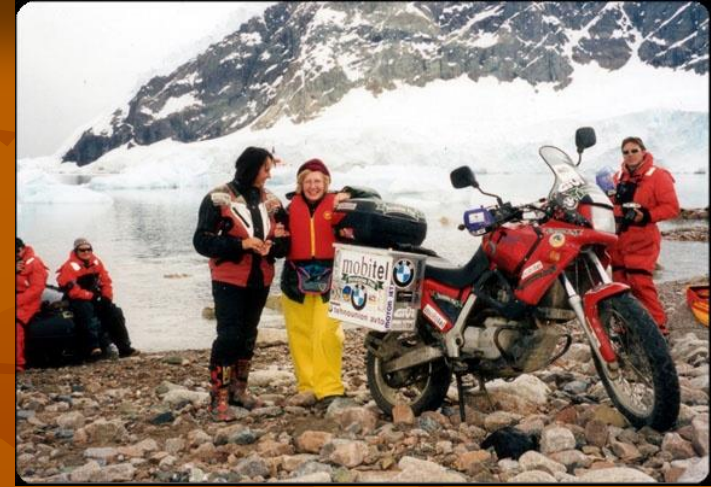
SWISS MADE

Flags: Taiwan, United Kingdom, Italy

Benka Pulko



- A Guinness World Record for the longest solo motorcycle ride ever undertaken by a woman - in both distance (80,015 km), and duration, 2,000 days.



- The first motorcyclist to reach Antarctica, and the first woman to ride solo across Saudi Arabia.
- Slovenian Woman of the Year for 2003

Davo Karničar was the first man that skied down from the summit of Mount Everest on October 7, 2000.



Martin Strel holds successive Guinness World Records for swimming the Danube river, the Mississippi River, the Yangtze River, and the Amazon River.



Jure Robič (10 April 1965 – 24 September 2010)



Won the Race Across America 5 times (2004, 2005, 2007, 2008 and 2010)

(9 d 0 h 46 min; 4835 km)

In 2004 he broke the world 24-hour road record by cycling 834.77 km.



Primož Roglič and Tadej Pogačar



Tadej Pogacar (UAE Team Emirates) wins stage 3 of the 2021 Itzulia Basque Country
(Image credit: Getty Images Sport)



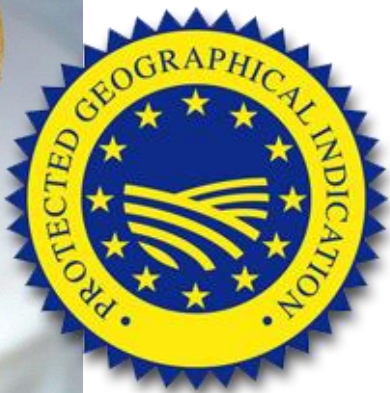
All processes of production and processing take place in a defined geographical area.



Production and processing is not restricted geographically since these agricultural products and foodstuffs can be produced by all who **follow a prescribed recipe, procedure and form.**



At least one of the phases of production take place in a particular geographical area after which the agricultural product of foodstuff is named.



Zatecky chmel

Olomoucké tvarůžky

Czech Republic



Liptovský salám

Eksta deviško oljčno olje Slovenske Istre / Extra virgin olive oil from Slovenian Istra



Nanoški sir / Nanos cheese



Kraški med / Karst honey



Kraški pršut / Karst prosciutto



Prleška tünka / Prleška Tünka



Ptujski luk / Ptuj onion



Savinjski želodec / Savinjski stomach



Štejersko-prekmursko bučno olje / Styrian-Prekmurje pumpkin seed oil



Belokranjska pogača / Bela Krajina cake

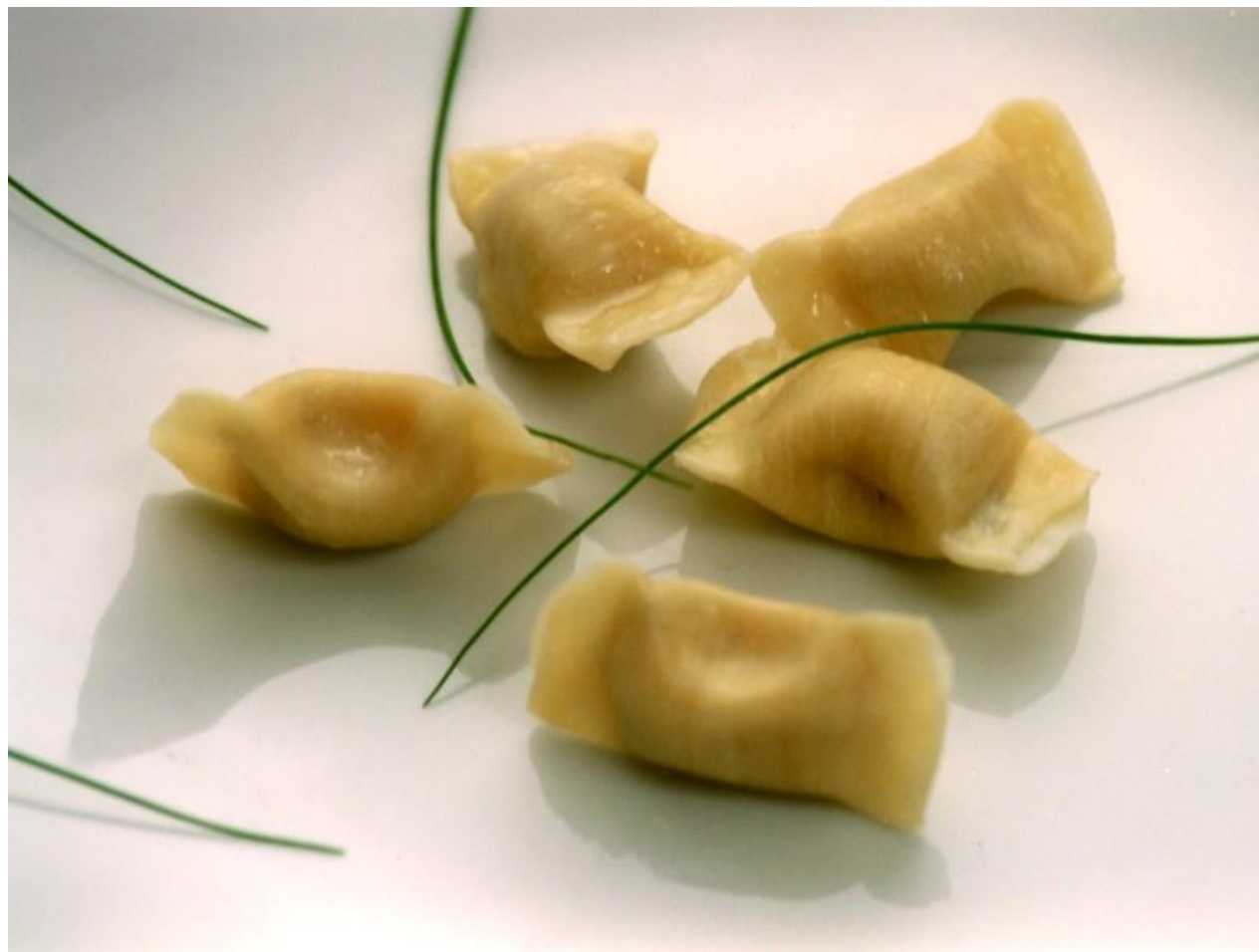


Prekmurska gibanica / Prekmurje Gibanica cake



Film!

Idrijski žlirofi / Idrija Žlikrofi



Ajdovi žganci / Buckwheat žganci



Kranjska klobasa / Kranjska sausage



Piranska sol / Piran salt



Potica / Potica



Dražgoški kruhki / Dražgoše ginger bread



Štruklji / Štruklji



Martinova gos / St. Martin's goose



How healthy is my food?

1...2...3...4...5...6...7...8...9...10

**Velmi
nezdravé**

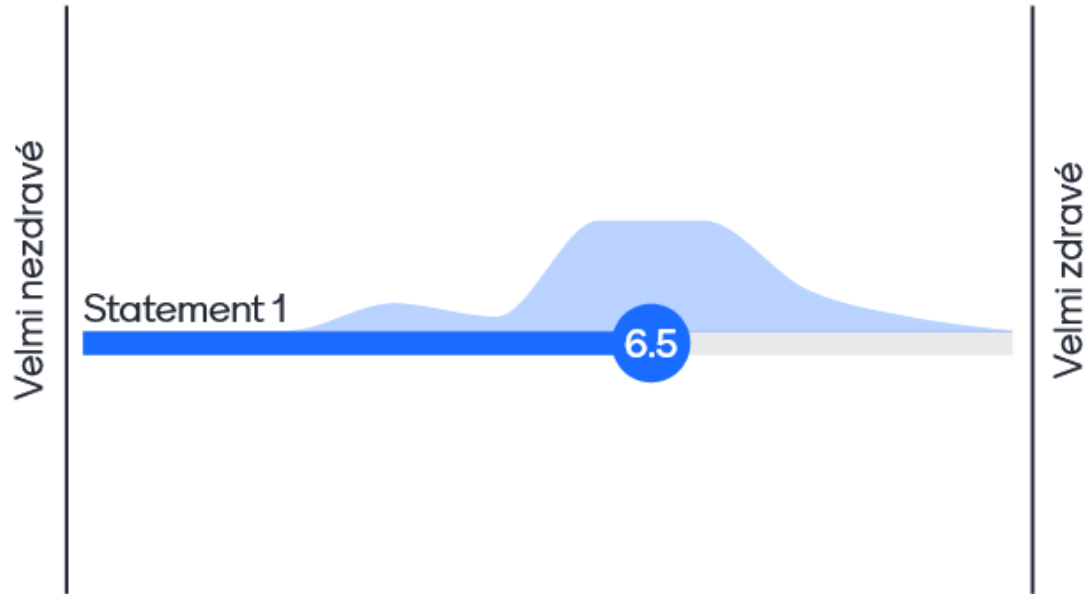
**Velmi
zdravé**

ZOOM POLLS
My nutrition

2020

How healthy is my food?

Mentimeter



What is healthy? Breakfast in Brno



Home breakfast



How I know?

