

Nutrition in Modern Society

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- Brno: 8. 4. 2022, from 9.00 to 15.00
- ZOOM: 11., 13. and 20. 4. 2022
Time: 17.00 – 19.30

Join Zoom Meeting

<https://uni-lj-si.zoom.us/j/2633748537?pwd=dFFsOEplOVVdrTm95VFVMU0RhaVRQZz09>

University of Ljubljana Faculty of Education



ERASMUS
STUDENTS ARE
WELCOME!

YOU TOO 😊



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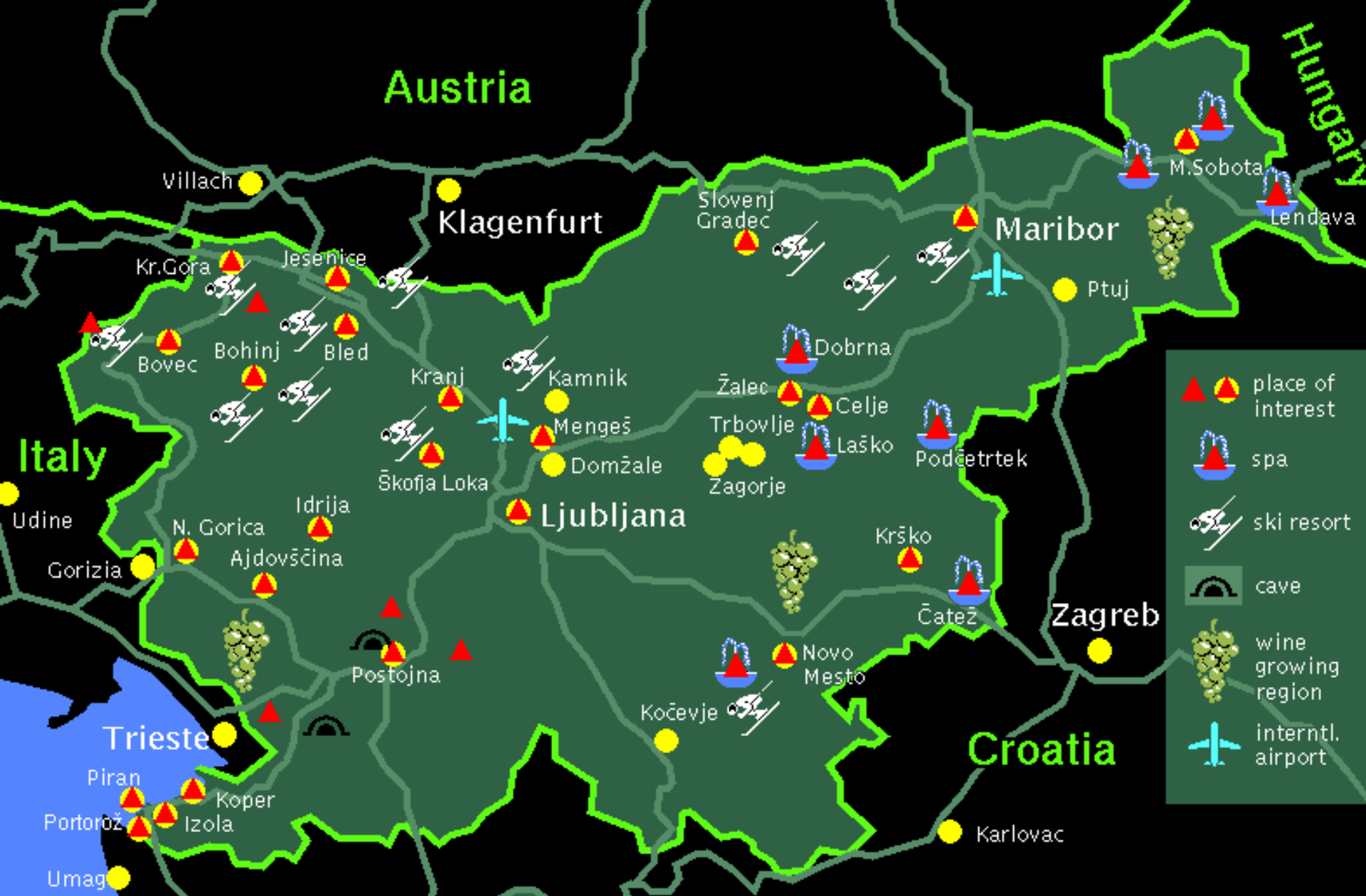
- Who we are?
- Slovenia
- Determinants of People Nutrition
- Nutrigenomics and Nutrigenetics
- Nutritional Status and Energy Needs
- Food Composition and Sensory
- Dietary Guidance

FIND SOMEONE WHO...

| | | | |
|---|---|---|---|
| Regularly reads the Nutrition Facts Label | Has a home-cooked dinner on most nights | Made half their plates fruit and vegetables yesterday | Eat fruit more than three times per day |
| Has fruit for dessert often | Chooses fat-free or low-fat milk and dairy products | Doesn't drink soda | Chooses whole-grain products when available |
| Eat breakfast every day | Eat multiple coloured vegetable every day | Drink water more than 1L per day | Avoids salty foods |
| Eat dietary supplements | Avoids oversized portions | Avoids fast food | Fat off of meat |

SLOVENIA









Ljubljana



Triglav 2864 m



Bled



Postojna cave



Human Fish



Kranjska gora



Velika planina



Piran



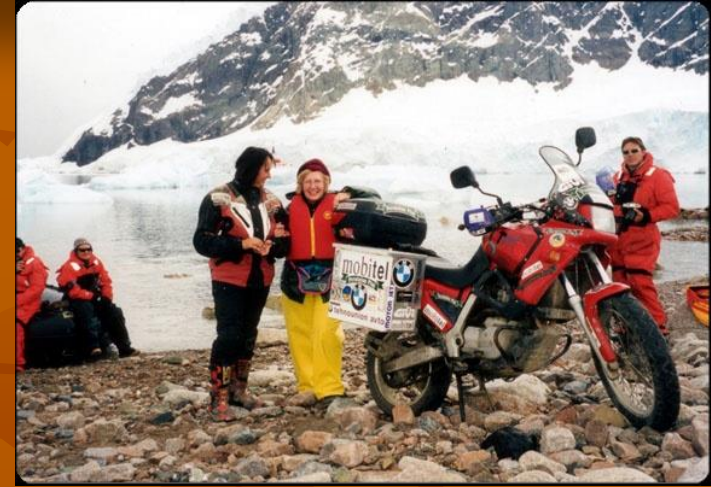
Portorož



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.

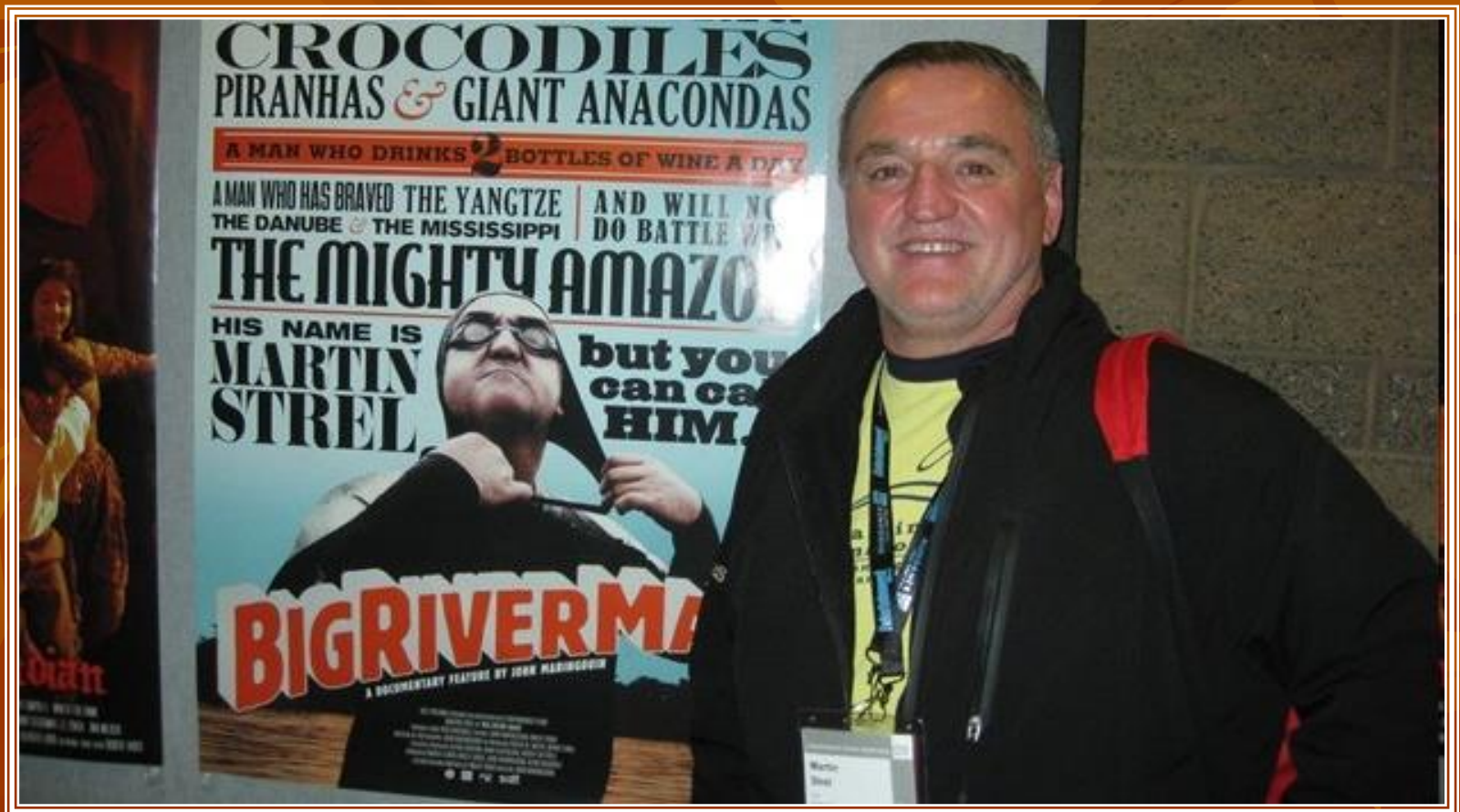


- The first motorcyclist to reach Antarctica, and the first woman to ride solo across Saudi Arabia.
- Slovenian Woman of the Year for 2003

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.



Slovenian Cuisine and Foodstuffs



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



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



Nanoški sir / Nanos cheese



Kraški med / Karst honey



Kraški pršut / Karst prosciutto



Prleška tünka / Prleška Tünka



Savinjski želodec / Savinjski stomach



Belokranjska pogača / Bela Krajina cake

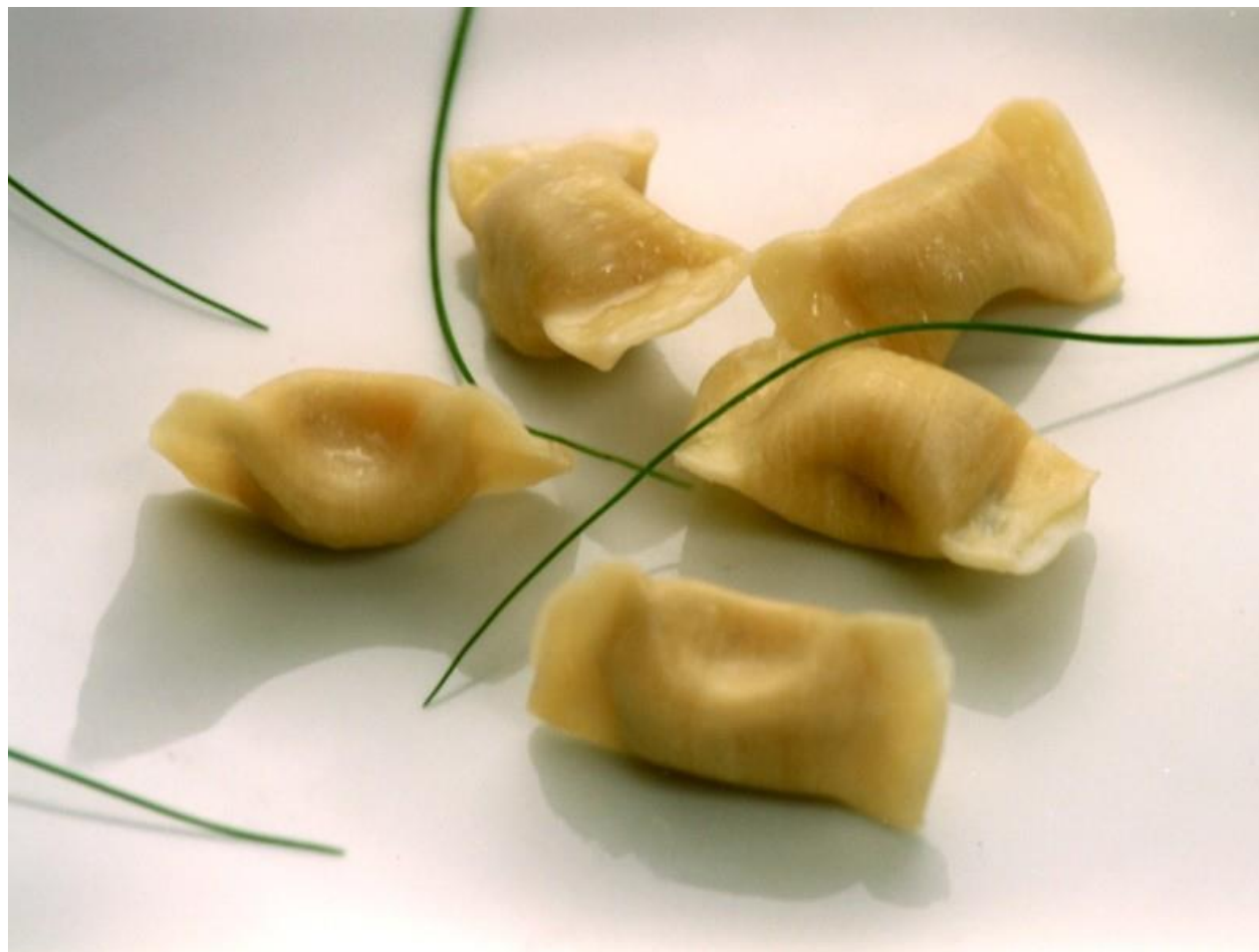


Prekmurska gibanica / Prekmurje Gibanica cake



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

Very unhealthy

Very healthy

**Velmi
Nezdravé**

**Velmi
zdravé**

What is healthy?



What is healthy? Breakfast in Brno



Home breakfast



How I know?

