

**Schedule plan of classes  
on General Hygiene  
for the II year students of the Faculty for International Students  
(English medium) III semester 2022/2023 academic year**

№ п/п	Topics	Duration in academic hours
1.	Introduction to General Hygiene. The basics of preventive medicine.	2.0
2.	Definitions of Health and Disease. The concept of risk factors.	2.0
3.	The concept of Prevention.	2.0
4.	Hygienic problems of nutrition.	2.0
5.	Hygienic characteristics of macro- and micronutrients.	2.0
6.	Nutrition requirements for different groups of population and their physiological background.	2.0
7.	Hygienic basics of preventive and clinical nutrition. Hygienic requirements for the nutrition provision units and catering in hospitals.	2.0
8.	Nutritional and biological value of the principal foodstuffs.	2.0
9.	Hygienic assessment of the nutritional status.	2.0
10.	Prevention of food-borne (alimentary) diseases.	2.0
11.	Prevention of bacterial food poisoning.	2.0
12.	Prevention of non-bacterial food poisoning.	2.0
13.	Hygiene of environment. Hygienic characteristics of air medium.	2.0
14.	Hygienic characteristics of soil. Hygiene of an urban environment. Waste management.	2.0
15.	Hygienic characteristics of hydrosphere.	2.0
16.	Hygienic requirements to the water supply of settlements.	2.0

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