



COURSE DATASHEET

Semester:	2013/14/1
Course:	Raw materials for food and household
Code:	VEMKOK1312A
Responsible department:	Department of Organic Chemistry
Department code:	MKOK
Responsible instructor:	Dr. Sándor Vastag

Course objectives:

The goal is to reviewing some question of traditional foodstuffs and modern nutritional fashions.

Course content:

Macro- and microelements, water /drinkwater, mineralwater/. Nutrition, metabolism. Acid-base balance of organism. Some special biochemical problems of nutrition and dietary, diet. Main groups of foodstuffs. Fats /butter, margarine, vegetable oil/. Proteins, carbohydrates. Fermented drinks /wine, beer/. Why change the color of vegetables by cooking? What cause the braun color of fruits by standing? The odor of garlic, onion and fishes. Roasting in fat /Maillard reaction/. Microwave in the kitchen. Health promotion by nutrients /vitamins, iron-containing foodstuffs, health-giving of garlic/. Flavour-, and taste-stuffs. Health-risk of some nutrients. Hamburger, smoked sausages, eel/Hg-compounds/. Toxic food-materials. Natural toxins, toxins of microorganism, pesticides etc. Alcohols, smoking, coffee, drugs. Natural-, and chemical coloring matters. Food-additives. Wrappers /glass, metal, paper, plastic /. Cleaning supplies, disinfection.

Requirements, evaluation and grading:

Task determination: auditing the talking, administration of short report / 10-15 pages/ about the most interesting nutritional problem.

Required and recommended readings:

Felhasznált tankönyvek: Gasztonyi K., Lásztity R.: Élelmiszerkémia 2. Mezőgazda Kiadó Kft. 1994. Élelmiszerkémia 1. 2. kiad. Mezőgazda Kiadó Kft, 1997. Bernáth J.: Vadon termő és termesztett gyógynövények. Mezőgazda Kiadó Kft, 1997. Farády L.: Szerves Kémia agrárvegyészeknek. 1-3. kötet, VVE 1983. Rózsahegyi M., Wajand J.: Kémia itt, kémia ott, kémia mindenhol! Nemzeti Tankönyvkiadó, Bp.1995. Mindennapi sajtó, Internet, stb.