

**Language in which the training is delivered:** Croatian

**Content:**

- Basic principles of balanced nutrition
- Macronutrients – sources of energy
- Micronutrients
- Role of catering in public health
- Portion sizes
- Importance of sensory properties on food choices
- Energetic value and nutrient density of foods
- Impact of food preparation on its nutritional value
- Basics on food ethics

### **Methodology:**

- PPT presentations
- Discussions
- Practical activities (individual and group activities)

**Training duration:** 3 days