

OKRUHY K ABSOLUTORIU

Předmět: Anglický jazyk
Škola: VOŠ Most
Program: Diplomovaný nutriční terapeut KKOV 53-41-N/41
Obor: Diplomovaný nutriční terapeut KKOV 53-41-N/4
Skupina: 3.ZK
Školní rok: 2026/2027

1. Basic terms related to health

- a) Prevention and preventive care
- b) Health
- c) Health condition, etiology of diseases, treatment
- d) Hygiene, sanitary rules and conditions

2. Health care establishments

- a) Types of health care establishments
- b) Care centers, palliative and hospice care
- c) Balneology and spa treatment
- d) Social services – elderly care, institution for disabled

3. Health care professionals

- a) Career in health care
- b) Medical and nursing staff
- c) Other health care professionals and staff members
- d) Job profile – registered nurse and nutritional therapist

4. Human body

- a) Body systems and their functions
- b) Human body – description
- c) Internal organs, functions
- d) Other parts of human body

5. Abdominal cavity and digestive system

- a) Abdominal cavity
- b) Internal organs in abdominal cavity
- c) Digestive system, outline, functions
- d) Influence of diet on the digestive system

6. Vital signs

- a) Temperature
- b) Blood pressure
- c) Heart and respiratory rate
- d) Elimination

7. Diseases and disorders

- a) Basic terms – patient's history, therapy
- b) Symptoms (subjective/objective)
- c) Infectious diseases
- d) Lifestyle diseases

8. First aid

- a) First aid, basic rules and purposes
- b) Emergency events
- c) CPR
- d) Types of bleeding, shock condition

9. Nutrients-balanced diet composition

- a) Relation among diet, health condition and disease
- b) Dietary recommendations
- c) Macronutrients
- d) Micronutrients

10. Dietary recommendation – special target groups

- a) Basic terms-nutritional/energetic values
- b) Nutrition in pregnancy
- c) Nutrition during breastfeeding period
- d) Nutrition for professional sportspeople

11. Nutrition across the lifespan

- a) Stages of life
- b) Dietary recommendation in childhood
- c) Dietary recommendation for teenagers and adolescents
- d) Nutrition in elderly age

12. Alternative ways in nutrition

- a) Basic characteristics of alternative nutrition
- b) Vegetarians and vegans
- c) Macrobiotics
- d) Organic food

13. Nutritional assesment

- a) Malnutrition/Obesity
- b) Food allergies
- c) Eating disorders
- d) Dietary treatment of anorectic and bulimic patients

14. Healthy lifestyle

- a) Healthy lifestyle characteristics
- b) Factors influencing the way of lifestyle
- c) Negative patterns and habits of modern lifestyle
- d) My personal lifestyle aproach

15. Healthy diet

- a) Healthy diet patterns
- b) Basic healthy diet recommendations
- c) Unhealthy habits related to diet
- d) Dietary supplements and related risks

16. Job profile-Nutritional therapist

- a) Job description
- b) Nutritional care and team members
- c) Tasks and projects in nutritional therapy
- d) Education and job opportunities

17. Food safety and food poisoning

- a) General food safety rules
- b) Food and beverage contamination/food poisoning risks
- c) Hospital catering services supervision
- d) Waste disposal

18. Dietary system

- a) Therapeutic diet
- b) Hospital diets
- c) Basic balanced diet
- d) Diabetes, nutritional care

19. Special diets

- a) Obesity nutritional treatment
- b) Lactose intolerance, celiac disease
- c) Digestive system diseases-dietary treatment
- d) Nutrition in post-operative care

20. Technology of food processing

- a) Food processing in catering services
- b) Forms of food processing
- c) Dietary treatment
- d) Additives, flavouring, Herbs and spices