

VIII International Conference
UNIVERSITY "SV. KLIMENT OHRIDSKI" - BITOLA, MACEDONIA
Faculty of Tourism and Hospitality - Ohrid, Macedonia

CONTEMPORARY TRENDS IN TOURISM INDUSTRY

26-27 MAY, OHRID, MACEDONIA



VIII Меѓународна конференција
УНИВЕРЗИТЕТ „СВ. КЛИМЕНТ ОХРИДСКИ“ - БИТОЛА, МАКЕДОНИЈА
Факултет за туризам и угостителство - Охрид, Македонија

СОВРЕМЕНИ ТРЕНДОВИ ВО ТУРИСТИЧКАТА ИНДУСТРИЈА

26-27 МАЈ, ОХРИД, МАКЕДОНИЈА

Publisher: Faculty of Tourism and Hospitality
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Printed in: 300 copies

Printed by: Mikena, Bitola



FACULTY OF TOURISM AND HOSPITALITY - OHRID

VIII International Conference

CONTEMPORARY TRENDS IN TOURISM INDUSTRY

**PROGRAMME
&
ABSTRACTS**

26 – 27 May 2005

OHRID, MACEDONIA

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HEALTHY FOOD AS A TOURISM DEVELOPING FACTOR IN REPUBLIC OF MACEDONIA

Ass. Tatjana Dimoska, MA

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Abstract

The term healthy food (biological food correctness, organic food, biofood or ecological food) is a relatively new term in the world still insufficiently used in Republic of Macedonia. Healthy food is the best quality food, the highest safety level as far as an elementary precondition for properly functioning of any human being.

Contemporary living trends present the food as a very important touristic motive and as a developing factor for specific type of tourism-gastronomic tourism.

Clean environment (clean air, soil and water) is a base for healthy food production. Knowing the fact the Republic of Macedonia disposes of ecological clean districts, there are huge possibilities for healthy food production so far as tourism progression in addition particularly emphasizing the gastronomic tourism.

Despite all, developing the healthy food and health menu in the hospitality centres means dedicating a big attention on way the food is prepared using healthy methods and cooking techniques.

Key words: healthy food, health menu, gastronomic tourism