

Course title Podstawy żywienia człowieka / Fundamentals of human nutrition		ECTS code 13.3.0859	
Name of unit administrating study Faculty of Chemistry			
Studies			
Field of study	Type	Form	
Chemistry	Bachelor	Full-time studies	
Teaching staff Dr Dorota Kaczerska			
Forms of classes, the realization and number of hours		ECTS credits 2	
A. Forms of classes, in accordance with the UG Rector's regulations lecture		classes - 30 h tutorial classes – 5 h student's own work – 15 h Total: 50 h - 2 ECTS	
B. The realization of activities in-class learning			
C. Number of hours 30 h lecture			
The academic cycle First year, summer semester			
Type of course obligatory		Language of instruction Polish	
Teaching methods Lecture with multimedia presentation		Form and method of assessment and basic criteria for evaluation or examination requirements	
		A. Final evaluation, in accordance with the UG study regulations course completion (with a grade)	
		B. Assessment methods written test pass	
		C. The basic criteria for evaluation or exam requirements Written test pass (positive result, when at least 51% of correct answers were obtained). Very good 5.0 corresponds to 91% and more of the correct answers A good plus 4.5 corresponds to 81% - 90% of correct answers A good 4.0 corresponds to 71% - 80% of correct answers A satisfactory plus of 3.5 corresponds to 61% - 70% of correct answers A satisfactory 3.0 corresponds to 51% - 60% of correct answers An insufficient 2.0 corresponds to 50% and less correct answers	
Required courses and introductory requirements None			
Aims of education 1. Teaching the student the ability to theoretical and practical characteristics of the macro and micronutrients of the diet and their positive and negative impact on the human body. 2. Transfer of knowledge about the principles of a correct, balanced diet and the need for individual food ingredients as well as sources of nutrients and non-nutrients. 3. Teaching the student the skills of detailed characteristics of the basic diet and elimination of nutritional mistakes. 4. Teaching a student to determine the energy value of food and the energy value.			
Course content The issues of the lecture include the following issues Macroe components of the diet - proteins, carbohydrates, fats Vitamins and minerals, water, fiber Selective shortages of nutrients Basic information about the digestive tract The energy needs of the organism, the energy value of food Pollutants and anti-nutritive substances in food Antioxidants, bioactive food. Genetically modified food. Nutritional safety.			

Bibliography of literature

A. Literature required to pass the course

1. Gawęcki J., Hryniewiecki L. [red]. Żywnienie człowieka. Podstawy nauki o żywieniu. PWN, Warszawa, 1998
2. Gawęcki J., Roszkowski W. [red]: Żywnienie człowieka a zdrowie publiczne. PWN. Warszawa 2009
3. Gertig H., Gawęcki J.: Żywnienie człowieka, słownik terminologiczny. PWN Warszawa 2007.
4. Jarosz M., Bułhak-Jachimczyk [red] Normy żywienia człowieka, PZWL, Warszawa, 2008
5. Kunachowicz H., Nadolna I., Przygoda B., Iwanow K.: Tabele składu i wartości odżywczej żywności, PZWL, Warszawa, 2005

B. Extracurricular readings

1. Gertig H., Przysławski J. Bromatologia – zarys nauki o żywności i żywieniu. PZWL. Warszawa 2006.
2. Zachwieja Z [red] Leki i pożywienie – interakcje. MedPharm Polska 2008
3. Wardlaw G., Insel P. Perspectives in nutrition, wyd. Mosby 1995
4. Czasopisma: Polish J. Food and Nutrition Sciences, Żywność, Żywnienie Człowieka i Metabolizm

Knowledge

Knowledge of the principles of a balanced diet

Skills

The ability to assess the body's energy requirements and diet structure and identify health hazards

Social competence

Has the ability to constantly learn;

Respects the rights of other people, including the right to information regarding dietary and its possibilities of consequences and limitations.