


**KAPITAŁ LUDZKI**  
 NARODOWA STRATEGIA SPÓJNOŚCI

 Projekt współfinansowany przez  
 Unię Europejską w ramach  
 Europejskiego Funduszu  
 Społecznego

**UNIA EUROPEJSKA**  
 EUROPEJSKI  
 FUNDUSZ SPOŁECZNY


<b>Course title</b>		<b>ECTS code</b>	
Fundamentals of Human Nutrition		13.3.0859	
<b>Name of unit administrating study</b>			
Faculty of Chemistry			
<b>Studies</b>			
<b>faculty</b>	<b>field of study</b>	<b>type</b>	pierwszego stopnia
Wydział Chemii	Chemia	<b>form</b>	stacjonarne
		<b>specjalty</b>	chemia żywności
		<b>specialization</b>	wszystkie
<b>Teaching staff</b>			
dr inż. Dorota Kaczerska			
<b>Forms of classes, the realization and number of hours</b>		<b>ECTS credits</b>	
<b>Forms of classes</b>		2	
Lecture		classes - 30 h	
<b>The realization of activities</b>		tutorial classes – 5 h	
classroom instruction		student's own work – 15 h	
<b>Number of hours</b>		Total: 50 h - 2 ECTS	
Lecture: 30 hours			
<b>The academic cycle</b>			
2022/2023 summer semester			
<b>Type of course</b>		<b>Language of instruction</b>	
obligatory		polish	
<b>Teaching methods</b>		<b>Form and method of assessment and basic criteria for evaluation or examination requirements</b>	
multimedia-based lecture		<b>Final evaluation</b>	
		Graded credit	
		<b>Assessment methods</b>	
		written test pass	
		<b>The basic criteria for evaluation</b>	
		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	
<b>Method of verifying required learning outcomes</b>			
<b>Required courses and introductory requirements</b>			
<b>A. Formal requirements</b>			
none			
<b>B. Prerequisites</b>			
none			

<b>Aims of education</b>	
<p>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.</p> <p>3. Teaching the student the skills of detailed characteristics of the basic diet and elimination of nutritional mistakes.</p> <p>4. Teaching a student to determine the energy value of food and the energy value.</p>	
<b>Course contents</b>	
<p>The issues of the lecture include the following issues Macrocomponents 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.</p>	
<b>Bibliography of literature</b>	
<p>Literature required to pass the course</p> <ol style="list-style-type: none"> <li>Gawęcki J.Hryniewiecki L [red]. Żywnie człowieka. Podstawy nauki o żywieniu. PWN, Warszawa, 1998</li> <li>Gawęcki J., Roszkowski W.[red]: Żywnie człowieka a zdrowie publiczne. PWN. Warszawa 2009</li> <li>Gertig H. Gawęcki J.: Żywnie człowieka, słownik terminologiczny. PWN Warszawa 2007.</li> <li>Jarosz M. Bułhak-Jachimczyk [red] Normy żywienia człowieka, PZWL, Warszawa, 2008</li> <li>Kunachowicz H., Nadolna I., Przygoda B., Iwanow K.: Tabele składu i wartości odżywczej żywności, PZWL, Warszawa, 2005</li> </ol> <p>Extracurricular readings</p> <ol style="list-style-type: none"> <li>Gertig H. Przysławski J. Bromatologia – zarys nauki o żywności i żywieniu. PZWL. Warszawa 2006.</li> <li>Zachwieja Z [red] Leki i pożywienie – interakcje. MedPharm Polska 2008</li> <li>Wardlaw G., Insel P. Perspectives in nutrition, wyd. Mosby 1995</li> <li>Czasopisma: Polish J. Food and Nutrition Sciences, Żywność, Żywnie Człowieka i Metabolizm</li> </ol>	
<b>The learning outcomes (for the field of study and specialization)</b>	<b>Knowledge</b>
	Knowledge of the principles of a balanced diet
	<b>Skills</b>
The ability to assess the body's energy requirements and diet structure and identify health hazards	
<b>Social competence</b>	
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.	
<b>Contact</b>	
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