

Course title Dietetyka / Dietetics		ECTS code 13.3.0531	
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	
B. The realization of activities in-class learning		Total: 50 h - 2 ECTS	
C. Number of hours 30 h lecture			
The academic cycle 2020/21 winter 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 performance of a final work - project or presentation, written exam	
		C. The basic criteria for evaluation or exam requirements Written test (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 Learning the principles of nutrition of a sick person and the ability to use them in clinical practice. Awareness of the importance of a properly planned diet in the prevention and therapy of the most common diseases			
Course contents Issues of lectures: principles of dietary management in various clinical conditions - from malnutrition to obesity. Balanced diet, nutritional norms, division into 12 groups Adjustment of body weight and appetite.			

Bibliography of literature**A. Literature required to pass the course**

Gawęcki J.Hryniewiecki L [red]. Żywność człowieka. Podstawy nauki o żywieniu. PWN, Warszawa 2000

Jarosz M [red]. Praktyczny podręcznik dietetyki. IŻŻ, Warszawa 2010

Chevallier L. i inni (wydanie polskie red. D. Gajewska). 51 zaleceń dietetycznych w wybranych stanach chorobowych. Elsevier Urban & Partner, 2010.

Tsigos C. i inni. Postępowanie w otyłości dorosłych: europejskie wytyczne dla praktyki klinicznej. Endokrynologia, Otyłość i Zaburzenia Przemiany Materii 2009, tom 5, nr 3, str. 87-98

B. Extracurricular readings

www.izz.waw.pl (strona internetowa Instytutu Żywności i Żywienia w Warszawie)

www.espen.org (strona internetowa European Society of Nutrition and Metabolism)

Knowledge

Knowledge of the principles of dietary management in selected pathological states (malnutrition, diseases of the digestive, respiratory, urinary tract, cardiovascular system).

Understanding the key importance of the correct diet in the prevention of the most common diseases (cardiovascular and cancer).

Skills

The ability to evaluate, characterize and plan the diet of a healthy and ill person

Social competence

Proper assessment of the place of proper nutrition against the background of other methods of treatment of known diseases and readiness to cooperate with other specialists. Ability of detecting and actively counteracting the most important risk factors for cardiovascular and neoplastic diseases.