UNIWERSYTET GDAŃSKI

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
2019/20 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 Macroecomponents 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]. Żywienie człowieka. Podstawy nauki o żywieniu. PWN, Warszawa, 1998
2. Gawęcki J., Roszkowski W.[red]: Żywienie człowieka a zdrowie publiczne. PWN. Warszawa 2009
3. Gertig H. Gawęcki J.: Żywienie 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, Warsza-wa, 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, Żywienie 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.