


**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>   |                    |
| Dietetics  |                       | 13.3.0531  |                    |
| <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>                                    |                       |  |                    |
| 2023/2024 winter 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>  |                    |
|  |                       | - assignment work – project or presentation  |                    |
|  |                       | - written exam   |                    |
|  |                       | <b>The basic criteria for evaluation</b>   |                    |
|  |                       | 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                                    |                    |
| <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>Learning the principles of nutrition of a sick person and the ability to use them in clinical practice.</p> <p>Awareness of the importance of a properly planned diet in the prevention and therapy of the most common diseases</p>   |   |
| <b>Course contents</b>   |   |
| <p>Issues of lectures: principles of dietary management in various clinical conditions - from malnutrition to obesity.</p> <p>Balanced diet, nutritional norms, division into 12 groups</p> <p>Adjustment of body weight and appetite.</p>   |   |
| <b>Bibliography of literature</b>  |   |
| <p>Literature required to pass the course</p> <p>Gawęcki J.Hryniewiecki L [red]. Żywność człowieka. Podstawy nauki o żywieniu. PWN, Warszawa 2000</p> <p>Jarosz M [red]. Praktyczny podręcznik dietetyki. IZZ, Warszawa 2010</p> <p>Chevallier L. i inni (wydanie polskie red. D. Gajewska). 51 zaleceń dietetycznych w wybranych stanach chorobowych. Elsevier Urban &amp; Partner, 2010.</p> <p>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</p> <p>Extracurricular readings</p> <p><a href="http://www.izz.waw.pl">www.izz.waw.pl</a> (strona internetowa Instytutu Żywności i Żywienia w Warszawie)</p> <p><a href="http://www.espen.org">www.espen.org</a> (strona internetowa European Society of Nutrition and Metabolism)</p> |   |
| <b>The learning outcomes (for the field of study and specialization)</b>   | <b>Knowledge</b>  |
|  | <p>Knowledge of the principles of dietary management in selected pathological states (malnutrition, diseases of the digestive, respiratory, urinary tract, cardiovascular system).</p> <p>Understanding the key importance of the correct diet in the prevention of the most common diseases (cardiovascular and cancer).</p> |
|  | <b>Skills</b>   |
|  | <p>The ability to evaluate, characterize and plan the diet of a healthy and ill person</p>  |
|  | <b>Social competence</b>  |
|  | <p>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.</p>               |
| <b>Contact</b>   |   |
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