

Course title: BASICS OF NUTRITION

ECTS credit allocation (and other scores): 2

Semester: spring

Level of study: : ISCED-7 - second-cycle program EQF-7

Branch of science: Agricultural sciences

Language: English

Number of hours per semester: 15h lectures / 15h classes

Course coordinator/ Department and e-mail: dr hab. inż. Katarzyna Przybyłowicz, prof. UWM / Department of Human Nutrition / katarzyna.przybylowicz@uwm.edu.pl

Type of classes: classes and lectures

SUBSTANTIVE CONTENT

CLASSES: The basic demand of human, children and youth for energy from food. Analysis of research as food affects genes. The need of organisms of children and adolescents for nutrients. Prevention of dieting dependent diseases. Prevention and prevention of cancer.

LECTURES: Food ingredients and the wealth of information hidden in human genes. The interaction of environmental factors and human genes that determine life or human health for a lifetime. Prevention of some diseases.

Learning purpose: To provide knowledge about food and specific nutrients in meeting human food needs and their impact on the human body. Prevention of diseases. The impact of diet and nutrition on human health. To acquire the basic skills to determine the recommended intake of basic nutrients and to carry out a dietary assessment.

ON COMPLETION OF THE STUDY PROGRAMME THE GRADUATE WILL GAIN:

Knowledge: student explains the role of nutrients in the human body and the effects of nutrient deficiencies, defines the organism's requirement for nutrients, lists the principles of correct nutrition, describes methods of nutrition assessment.

Skills: student determines the recommended intake of energy and essential nutrients; evaluates with simple methods the diet and indicates errors in nutrition

Social Competencies: student is aware of the influence of food on the state and functioning of the human body.

Basic literature:

- 1) Nancy J. Peckenpaugh, Nutrition Essentials and Diet Therapy 11th Edition 2009, Elsevier - Health Sciences Division

Supplementary literature

- 1) Information, scientific articles and book connected with the course (domestic and foreign databases - ScienceDirect, ResearchGate etc.)

The allocated number of ECTS points consists of: 32 contact hours with an academic teacher: Student's independent work: 10