

CODE BIOHUM 12	COURSE TITLE: SELECTED TOPICS IN HUMAN NUTRITION		ECTS: 6	
COORDINATOR: JAN JESZKA		DEPARTMENT: FOOD SCIENCE AND NUTRITION		
COURSE CATEGORY				
VOLUME(H) 30			PERSONAL WORK (H)	
LECTURE: (H) 30	PRACTICALS /LAB (H)	PLACEMENT: (H)	PROJECT: (H)	OTHER MODALITIES: (H)
EVALUATION:		OTHER MODALITIES:	LECTURER(S)	
EVALUATION MODALITIES			JAN JESZKA MAGDA CZŁAPKA MATYASIK	
ORAL INDIVIDUAL REPORT				
WRITTEN INDIVIDUAL REPORT				
FINAL ORAL EXAM				
FINAL WRITTEN EXAM	X			
COMMENTS OF EVALUATION:		TEACHING METHODS: LECTURES		
SEMESTER: WINTER OR SUMMER		LANGUAGE: ENGLISH		
PERIOD: 15 WEEKS		YEAR OF STUDY: THIRD		
OBJECTIVES				
To familiarize students with selected aspect of human nutrition, nutrition guidelines and requirements of different population				
CONTENTS				
<ul style="list-style-type: none"> ▪ BASICS DEFINITIONS OF HUMAN NUTRITION; ▪ METHODS OF DIETARY INTAKE AND NUTRITIONAL STATUS ASSESSMENT; ▪ CIVILIZATION DISEASES – EPIDEMIOLOGY, DIET THERAPY; ▪ NUTRITIONAL GUIDELINES AND REQUIREMENTS FOR POPULATION (ATHLETES, VEGETARIANS, ALLERGY SUFFERERS, CHILDREN); ▪ UNDERNUTRITION AND HEALTH CONSEQUENCES; ▪ FUNCTIONAL FOOD, ANTIOXIDANTS, PREBIOTICS AND PROBIOTICS; ▪ EATING AND METABOLIC DISORDERS). 				
GROUP SIZE: 15		PRE-REQUIRES: CHEMISTRY (ORGANIC, ANALYTICAL), BIOCHEMISTRY, HUMAN ANATOMY		