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Course title: HUMAN NUTRITION

ECTS credit allocation (and other scores): 2.0 ECTS

Semester: autumn

Level of study: ISCED-6 - first-cycle programmes (EQF-6)

Branch of science: Medical and health sciences

Language: English

Number of hours per semester: 15/15

Course coordinator/ Department and e-mail: prof. dr hab. Jarosław Jaszczur-Nowicki; j.jaszczur-nowicki@uwm.edu.pl

Type of classes: classes and lectures

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#### Substantive content

CLASSES: Methods for determining nutrient ingredients. Metabolism and energy - research methods,

Nutritional properties of products of plant origin and animal. Tables of nutritional. Impact technological processes on the quality of food products, changes in nutritional values during collect and prepare food. Menu planning rules. Qualitative and quantitative assessment diet.

LECTURES: Impact of nutrition on human health. Proteins, carbohydrates, fats - division, role and transformation in the body, sources, demand. Minerals, vitamins - their functions and occurrence. The role of water in the body. Functional food. Classification and characteristics of diets. Food enrichment. Planning and principles of organization of nutrition. Nutrition of various tourist groups. Food poisoning.

Learning purpose: To provide students with knowledge about the role of nutrients in disease prevention and principles mass caterers

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On completion of the study programme the graduate will gain:

Knowledge: has basic knowledge of food products

Skills: knows how to use knowledge of nutrition in various types of tourist accommodation and catering

Social Competencies: understands the need to deepen knowledge about nutrition and raise the level of knowledge about diet during life

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Basic literature: 1) Gawęcki J., Hryniewiecki L., Podstawy nauki o żywieniu., wyd. PWN, 2005, t. 1, s. 513;

2) Grzesińska W., Gajewska D., Żywnienie w turystyce., wyd. WSiP, 1999, t. 1, s. 207;

3) Tauber R.D., Hasik J.M., Skrzypczak K., Żywnienie w turystyce i sporcie., wyd. WSHiG, 2000, t. 1, s. 107;

4) Jarosz M., Bułhak-Jachymczyk B., Normy żywienia człowieka. Podstawy prewencji otyłości i chorób niezakaźnych., wyd. PZWL, 2008, t. 1, s. 464;

Supplementary literature:

1) Gertig H., Przysławski J., Bromatologia – zarys nauki o żywności i żywieniu., wyd. PZWL, 2006, t. 1, s. 468

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The allocated number of ECTS points consists of:

Contact hours with an academic teacher: 1.28

Student's independent work: 0.72