

**Course name / code: BASIS OF HUMAN NUTRITION / 03S10-PZCZ**

ECTS credit allocation (and other scores): 5

Semester: winter semester

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

Branch of science: Agricultural sciences

Language: English

Number of hours per semester: 30

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

Type of classes: classes

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#### 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.

Learning purpose: On completion of the study programme the graduate will gain: how to solve the chronic diseases of ageing, obesity, cancer, heart disease, osteoporosis and cognitive decline by undertaking accession on the potential impact of diet and food quality.

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Knowledge: Explains the role of nutrients in the human body and the effects of their deficiencies. Defines the body's needs for nutrients. Student knows the rules of proper nutrition. Characterizes methods of assessment of nutrition.

Skills: Determines the recommended intake of energy and essential nutrients. Student evaluates simple methods of feeding and indicates errors in nutrition.

Social Competencies: Student is aware of the impact of food on the condition and functioning of the human body

#### Basic literature:

1. Modern Nutrition in Health and Disease (Modern Nutrition in Health & Disease (Shils)) Eleventh Edition by A. Catharine Ross, Benjamin Caballero M.D., Robert J. Cousins, Katherine L. Tucker, Thomas R. Ziegler M.D., 2014.
2. Food, Diet and Health: Past, Present and Future Tendencies (Food Science and Technology) UK ed. Edition by Raquel Pinho Ferreira Guine, 2010.
3. Nutrition Essentials and Diet Therapy - Elsevier eBook on VitalSource (Retail Access Card) 11th Edition by Nancy J. Peckenpaugh MEd RD CDN CDE, 2009.

#### Supplementary literature:

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4. Textbook on Food Science and Human Nutrition (Hardback) by Dipiti Sharma, 2016
  5. The Nutrition Transition: Diet and Disease in the Developing World (Food Science and Technology) Hardcover by Benjamin Caballero, 2002
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The allocated number of ECTS points consists of:

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Contact hours with an academic teacher: - participation in: laboratory classes 45 h.

- participation in: lecture 30 h.

- consultation 2 h.

Student's independent work: - preparation for final test 20 h.

- preparation for practical class 28h