



## Subject card

Subject name and code	The social role of food and nutrition, PG_00059427						
Field of study	Chemical Technology, Civil Engineering, Chemistry, Technical Physics, Environmental Engineering, Electrical Engineering, Power Engineering, Electronics and Telecommunications, Biotechnology, Geodesy and Cartography, Biomedical Engineering, Electronics and Telecommunications, Chemistry in Construction Engineering, Biomedical Engineering, Biomedical Engineering, Nanotechnology, Spatial Development, Engineering and Technologies of Energy Carriers, Corrosion, Nanotechnology, Automation, Robotics and Control Systems, Green Technologies, Green Technologies, Spatial Development, Power Engineering, Power Engineering						
Date of commencement of studies	February 2022	Academic year of realisation of subject			2022/2023		
Education level	second-cycle studies	Subject group					
Mode of study	Full-time studies	Mode of delivery			at the university		
Year of study	1	Language of instruction			Polish		
Semester of study	2	ECTS credits			2.0		
Learning profile	general academic profile	Assessment form			assessment		
Conducting unit	Department of Chemistry, Technology and Biochemistry of Food -> Faculty of Chemistry						
Name and surname of lecturer (lecturers)	Subject supervisor		dr inż. Izabela Sinkiewicz				
	Teachers		dr inż. Izabela Sinkiewicz dr hab. inż. Dorota Martysiak-Żurowska dr hab. inż. Hanna Staroszczyk				
Lesson types and methods of instruction	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	30.0	0.0	0.0	0.0	0.0	30
	E-learning hours included: 0.0						
Społeczna rola żywności i żywienia 2022/2023 sem. zimowy - Moodle ID: 25297 <a href="https://enauczanie.pg.edu.pl/moodle/course/view.php?id=25297">https://enauczanie.pg.edu.pl/moodle/course/view.php?id=25297</a>							
Learning activity and number of study hours	Learning activity	Participation in didactic classes included in study plan	Participation in consultation hours	Self-study	SUM		
	Number of study hours	30	2.0	18.0	50		
Subject objectives	The aim of the course is to familiarize students with the knowledge of the role of food and nutrition in ensuring human health and participation in the life of society, and to indicate the real health risks caused by harmful substances in food.						
Learning outcomes	Course outcome	Subject outcome			Method of verification		
	[K7_U71] is able to apply knowledge from humanistic, social, economic or legal sciences in order to solve problems	The student is able to use the knowledge about food to rationally choose a diet. He is prepared to assess the real health risks caused by harmful substances in food.			[SU2] Assessment of ability to analyse information [SU3] Assessment of ability to use knowledge gained from the subject		
	[K7_K71] is able to explain the need to apply knowledge from humanistic, social, economic or legal sciences in order to function in a social environment	The student is creative in planning and evaluating menus in terms of compliance with nutrition standards.			[SK2] Assessment of progress of work		
	[K7_W71] has general knowledge in humanistic, social, economic or legal sciences, including their fundamentals and applications	The student knows the role of nutrition in ensuring human health and participation in the life of the society.			[SW1] Assessment of factual knowledge [SW3] Assessment of knowledge contained in written work and projects		

Subject contents	1. Nutrition basics. Commonly used terms in the science of nutrition. The role of nutrition in ensuring human health and enabling physical activity. 2.Principles of nutrition. Nutritional standards. Rational nutrition. 3.Problems of food safety. The scale of health risks caused by harmful substances in food. 4.Functional foods. Dietary foods. Nutraceuticals. 5. Food proteins. Characteristics, nutritional value and sources of proteins in food. 6. Characteristics and sources of fats in foods. The body's requirement for fat. 7. Sources and characteristics of saccharides in food. 8. importance of vitamins for the human body. 9. The role of minerals in nutrition. 10. Permitted food additives. Obligatory and permitted food enrichment. 11. Systems for ensuring the health safety of food.		
Prerequisites and co-requisites	Secondary school knowledge in biology and chemistry.		
Assessment methods and criteria	Subject passing criteria		Passing threshold
	Paper	60.0%	Percentage of the final grade 100.0%
Recommended reading	Basic literature	<ol style="list-style-type: none"> <li>1. Gawęcki J. Żywność człowieka 1 Podstawy nauki o żywieniu. Wydawnictwo Naukowe PWN, Warszawa 2017.</li> <li>2. Jarosz M., Rychlik E., Stoś K., Charzewska J. Normy żywienia dla populacji Polski i ich zastosowanie. Wyd. Naukowe PWN, Warszawa 2020.</li> <li>3. Przygoda B., Kunachowicz H., Nadolna I., Iwanow K. Wartość odżywcza wybranych produktów spożywczych i typowych potraw. Wyd. Lekarskie PZWL, Warszawa 2020.</li> <li>4. Kołożyn-Krajewska D., Sikora T. Zarządzanie bezpieczeństwem żywności. Teoria i praktyka. Wydawnictwo C.H. Beck, Warszawa 2010.</li> </ol>	
	Supplementary literature	<ol style="list-style-type: none"> <li>1. Gertig H. Żywność a zdrowie. Wydawnictwo Lekarskie PZWL, Warszawa 1996.</li> <li>2. Witczak A., Sikorski Z. Szkodliwe substancje w żywności. Pochodzenie, działanie, zagrożenia dla zdrowia. Wyd. Naukowe PWN, Warszawa 2020.</li> <li>3. Gawęcki J., Roszkowski W. Żywność człowieka a zdrowie publiczne. Wyd. Naukowe PWN, Warszawa 2009.</li> <li>4. Grzymiśławski M., Gawęcki J. Żywność człowieka zdrowego i chorego. Wyd. Naukowe PWN, Warszawa 2010.</li> </ol>	
	eResources addresses		
Example issues/ example questions/ tasks being completed	Principles of rational nutrition. Healthy lifestyle. Good eating habits. Effects of unhealthy eating. Presence of harmful substances in food. Effect of nutrients on health.		
Work placement	Not applicable		