



Subject card

Subject name and code	The social role of food and nutrition, PG_00062783						
Field of study	Mathematics						
Date of commencement of studies	October 2022	Academic year of realisation of subject			2023/2024		
Education level	second-cycle studies	Subject group					
Mode of study	Full-time studies	Mode of delivery			e-learning		
Year of study	2	Language of instruction			Polish		
Semester of study	4	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: 30.0						
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_W71] has general knowledge in humanistic, social, economic or legal sciences, including their fundamentals and applications	The student explains the role of nutrition in ensuring human health and participation in society.			[SW3] Assessment of knowledge contained in written work and projects [SW1] Assessment of factual knowledge		
	[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.			[SU3] Assessment of ability to use knowledge gained from the subject [SU2] Assessment of ability to analyse information		
	[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		
Subject contents	The role of nutrition in ensuring human health and enabling physical activity and participation in society. Knowledge about food as the basis for rational choice of diet and nutritional principles. Characteristics, nutritional value and sources of proteins in food. Characteristics and sources of lipids in food. The body's requirement for fat. Characteristics, sources and role of saccharides in nutrition. The importance of vitamins for the human body. Conditions for maintaining the vitamin value of products and dishes. The role of minerals in nutrition. Food products as a source of nutrients. Nutrition standards. Man's metabolism of matter and energy, energy expenditure and balance. Underweight and obesity as a result of energy deficiencies or excesses. Food safety issues. The scale of health threats caused by harmful substances in food. Educating the public about real health threats caused by harmful substances in food. Substances harmful to health in food raw materials. Harmful substances arising from food storage and processing.						

Prerequisites and co-requisites	Secondary school knowledge in biology and chemistry.		
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	Paper	60.0%	100.0%
Recommended reading	Basic literature	<ol style="list-style-type: none"> Gawęcki J. Żywnienie człowieka 1 Podstawy nauki o żywieniu. Wydawnictwo Naukowe PWN, Warszawa 2017. Jarosz M., Rychlik E., Stoś K., Charzewska J. Normy żywienia dla populacji Polski i ich zastosowanie. Wyd. Naukowe PWN, Warszawa 2020. Przygoda B., Kunachowicz H., Nadolna I., Iwanow K. Wartość odżywcza wybranych produktów spożywczych i typowych potraw. Wyd. Lekarskie PZWL, Warszawa 2020. Grzymisławski M., Gawęcki J. Żywnienie człowieka zdrowego i chorego. Wyd. Naukowe PWN, Warszawa 2010. 	
	Supplementary literature	<ol style="list-style-type: none"> Witczak A., Sikorski Z. Szkodliwe substancje w żywności. Pochodzenie, działanie, zagrożenia dla zdrowia. Wyd. Naukowe PWN, Warszawa 2020. Gawęcki J., Roszkowski W. Żywnienie człowieka a zdrowie publiczne. Wyd. Naukowe PWN, Warszawa 2009. Gertig H. Żywność a zdrowie. Wydawnictwo Lekarskie PZWL, Warszawa 1996. 	
	eResources addresses	Adresy na platformie eNauczanie: Społeczna rola żywności i żywienia 2023/2024 sem. letni - Moodle ID: 36177 https://enauczanie.pg.edu.pl/moodle/course/view.php?id=36177	
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		