



Subject card

Subject name and code		Eat it with Sense - Food in Society, PG_00071017						
Field of study		Mathematics						
Date of commencement of studies		October 2025	Academic year of realisation of subject			2025/2026		
Education level		second-cycle studies	Subject group					
Mode of study		Full-time studies	Mode of delivery			e-learning		
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 Biotechnology of Food -> Faculty of Chemistry -> Faculties of Gdańsk University of Technology						
Name and surname of lecturer (lecturers)		Subject supervisor		dr hab. inż. Hanna Staroszczyk				
		Teachers		dr hab. inż. Hanna Staroszczyk dr hab. inż. Dorota Martysiak-Żurowska dr inż. Agata Sommer				
Lesson types		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						
		eNauczanie source address: https://enauczanie.pg.edu.pl/2025/course/view.php?id=4020						
		Moodle ID: 4020 Zjedz to z sensem - żywność w społeczeństwie 2025/2026 semestr letni https://enauczanie.pg.edu.pl/2025/course/view.php?id=4020						
		Additional information:						
		Classes conducted in the form of online lectures. The e-course on the eNauczanie platform includes a link to each lecture. In addition to the teachers' presentations, each student can prepare their own presentation.						
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 subject is to build pro-health and pro-social attitudes, combining knowledge about food (nutrients, nutritional standards and principles of a balanced diet) with humanistic reflection.						
Learning outcomes		Course outcome	Subject outcome	Method of verification				
		[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 able to assess the impact of lifestyle and diet on health and social functioning.	[SK5] Assessment of ability to solve problems that arise in practice				
		[K7_W71] has general knowledge in humanistic, social, economic or legal sciences, including their fundamentals and applications	The student knows the role of proteins, fats, polysaccharides, vitamins and minerals in ensuring human health.	[SW2] Assessment of knowledge contained in presentation [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 sees the relationship between individual dietary choices and public health.	[SU2] Assessment of ability to analyse information				

Subject contents	Course content – lecture Knowledge about food as a phenomenon combining science, health and society. Energy of life: discussion of proteins, carbohydrates and fats - their functions, sources and consumption standards. The importance of vitamins and minerals for the human body. Metabolism of matter and energy - energy balance, energy deficiency and excess, the state between underweight and obesity as a result of nutritional disproportions. Food safety. Ethics and consumer awareness: functional food, fake news, advertising and dietary fads.		
Prerequisites and co-requisites	High school level knowledge in biology and chemistry.		
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	activity during the lecture + essay/ presentation	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, 2017. Jarosz M., Rychlik E., Stoś K., Charzewska J. Normy żywienia dla populacji Polski i ich zastosowanie. Wyd. Naukowe PWN, 2020. Przygoda B., Kunachowicz H., Nadolna I., Iwanow K. Wartość odżywcza wybranych produktów spożywczych i typowych potraw. Wyd. Lekarskie PZWL, 2020. Nestle M. Food Politics: How the Food Industry Influences Nutrition and Health. University of California Press. 2013 	
	Supplementary literature	<ol style="list-style-type: none"> Witczak A., Sikorski Z. Szkodliwe substancje w żywności. Pochodzenie, działanie, zagrożenia dla zdrowia. Wyd. Naukowe PWN, 2020. Giddens A. <i>Nowoczesność i tożsamość</i> (fragmenty o stylach życia). Wyd. Naukowe PWN, 2020 	
	eResources addresses		
Example issues/ example questions/ tasks being completed	Good eating habits. The effects of unhealthy eating. Presence of harmful substances in food. The impact of nutrients on health.		
Practical activities within the subject	Not applicable		

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