



Subject card

Subject name and code	Eat it with Sense - Food in Society, PG_00072985						
Field of study	Technical Physics						
Date of commencement of studies	February 2026		Academic year of realisation of subject		2026/2027		
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=7591						
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	To familiarize students with the role of food and nutrition in ensuring human health and participation in society, and to highlight the real health risks posed 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 recognizes the connection between individual dietary choices and public health.		[SU2] Assessment of ability to analyse information		
	[K7_W71] has general knowledge in humanistic, social, economic or legal sciences, including their fundamentals and applications		The student understands the role of proteins, fats, polysaccharides, vitamins, and minerals in maintaining human health.		[SW3] Assessment of knowledge contained in written work and projects		
	[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.		[SK2] Assessment of progress of work		
Subject contents	Course content – lecture						
	Understanding food as a phenomenon that bridges science, health, and society. The energy of life: an overview of proteins, carbohydrates, and fats—their functions, sources, and recommended intake levels. The importance of vitamins and minerals for the human body. Metabolism and energy—energy balance, energy deficiency and excess, and the state between underweight and obesity as a result of nutritional imbalances. Food safety. Ethics and consumer awareness: functional foods, fake news, advertising, and diet trends.						
Prerequisites and co-requisites	High school-level knowledge of biology and chemistry.						

Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	Final exam or in-class activity + essay/presentation	60.0%	100.0%
Recommended reading	Basic literature	1. Gawęcki J. Żywnienie człowieka 1 Podstawy nauki o żywieniu. Wydawnictwo Naukowe PWN, 2017. 2. Jarosz M., Rychlik E., Stoś K., Charzewska J. Normy żywienia dla populacji Polski i ich zastosowanie. Wyd. Naukowe PWN, 2020. 3. Przygoda B., Kunachowicz H., Nadolna I., Iwanow K. Wartość odżywcza wybranych produktów spożywczych i typowych potraw. Wyd. Lekarskie PZWL, 2020. 4. Nestle M. <i>Food Politics: How the Food Industry Influences Nutrition and Health</i>. University of California Press. 2013	
	Supplementary literature	1. Witczak A., Sikorski Z. Szkodliwe substancje w żywności. Pochodzenie, działanie, zagrożenia dla zdrowia. Wyd. Naukowe PWN, 2020. 2. Giddens A. <i>Nowoczesność i tożsamość</i> (fragmenty o stylach życia). Wyd. Naukowe PWN, 2020	
	eResources addresses		
Example issues/ example questions/ tasks being completed	1. Good eating habits. 2. The effects of an unhealthy diet. 3. The presence of harmful substances in food. 4. The impact of nutrients on health.		
Practical activities within the subject	Not applicable		

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