Title:	**HUMAN NUTRITION**
Lecture hours:	30
Study period: (summer/winter)	summer
Number of credits:	4 ECTS (proposed)
Assessment methods:	Written test and individual dietary assessment assignment.
Language of instruction:	English
Prerequisites:	Basic knowledge of human biochemistry and nutrients.
Course content:	• Principles of healthy nutrition and dietary guidelines. • Dietary reference values: interpretation and application. • Energy balance and nutritional requirements. • Proteins: functions, quality and dietary sources. • Carbohydrates, dietary fibre and nutritional significance. • Fats: fatty acids, cholesterol and health implications. • Vitamins and minerals: sources, deficiencies and excesses. • Water balance, hydration and health. • Nutrition during childhood, pregnancy and older age. • Dietary assessment methods and common dietary errors. • Nutritional status: anthropometry, BMI and BIA. • Nutrition in the prevention of diet-related diseases. • Bioactive food compounds, including dietary polyphenols.
Learning outcomes:	A student passing this module should: • explain the principles of human nutrition and dietary guidelines; • describe the functions and sources of essential nutrients; • interpret dietary reference values and nutritional needs; • assess a sample diet and identify nutritional errors; • interpret basic indicators of nutritional status; • recognise the importance of evidence-based dietary advice.
Name of lecturer:	Dr hab. inż. Ewa Żary-Sikorska
Contact (email address):	ezary@ukw.edu.pl
Literature:	1. Fialkowski Revilla, M.K., Titchenal, A., Draper, J. Human Nutrition – 2020 Edition. University of Hawai'i at Manoa, 2018 (updated 2020). ISBN 9781948027014. open.umn.edu/opentextbooks/textbooks/622 2. Lanham-New, S.A., Hill, T.R., Gallagher, A.M., Vorster, H.H. (eds.). Introduction to Human Nutrition. 3rd ed. Wiley, 2019. ISBN 9781119476979. 3. Lean, M.E.J., Combet, E. Barasi's Human Nutrition: A Health Perspective. 3rd ed. CRC Press, 2017. ISBN 9781444137200.