



SZKOŁA GŁÓWNA  
GOSPODARSTWA  
WIEJSKIEGO

## Alternative diets

### Educational subject description sheet

#### Basic information

<b>Field of study</b> Food Science - Technology and Nutrition	<b>Didactic cycle</b> 2023/24
<b>Speciality</b> -	<b>Subject code</b> NoZTNS_D.110K.04170.23
<b>Organizational unit</b> Faculty of Food Technology	<b>Lecture languages</b> english
<b>Study level</b> first cycle (bachelor's degree)	<b>Mandatory</b> Elective subjects
<b>Study form</b> full-time studies	<b>Block</b> Major subjects
<b>Education profile</b> General academic	<b>Disciplines</b> Food technology and nutrition
<b>Coordinator</b>	Joanna Myszkowska-Ryciak
<b>Teacher</b>	Joanna Myszkowska-Ryciak, Danuta Gajewska
<b>Period</b> Semester 5	<b>Examination</b> Pass with grade
	<b>Activities and hours</b> Lecture: 30 Auditorium exercises: 15
	<b>Number of ECTS points</b> 3

#### Goals

Code	Goal
C1	The aim of the course is to provide knowledge and develop skills in the field of alternative nutrition and the importance of alternative diets in nutrition and dietetics. In addition, the aim of the course is to provide knowledge about the benefits and risks of using an unconventional diet in healthy people and in groups with special nutritional requirements.

## Entry requirements

Basics in human physiology, Basics in nutrition, Basics in dietetics

## Subject's learning outcomes

Code	Outcomes in terms of	Effects	Examination methods
<b>Knowledge - Student knows and understands:</b>			
W1	processes and phenomena occurring in the human body in the process of nutrition and the impact of nutrients on the human body	TN_K1_W02	Report
W2	functions, significance and impact of alternative nutritional models on the functioning of the human body and its health	TN_K1_W02	Report
<b>Skills - Student can:</b>			
U1	assess the composition, energy and nutritional value of alternative diets, determine their impact on the growth, development, functioning and health of the body	TN_K1_U02	Report
U2	plan and perform on their own or in a team simple project tasks for arranging and assessing the correctness of menus in accordance with the requirements of specific diets	TN_K1_U08	Report
<b>Social competences - Student is ready to:</b>			
K1	contact and exchange of experience and knowledge with experts in order to search for the best solutions to specific problems related to the use of alternative feeding models	TN_K1_K01	Report

## Study content

No.	Course content	Subject's learning outcomes	Activities
1.	Lectures: Review of currently popular alternative diets - world ranking of diets. Diets with modification of macronutrient share - characteristics of various low-carbohydrate diets. Vegetarian diets. Characteristics and application of the Portfolio diet. Paleolithic model of nutrition. Ornish diet. Inuit diet. Characteristics of popular weight reduction diets: volumetric diet. Principles of the weight reduction plan according to Mayo Clinics. Basic principles of the macrobiotic diet.	W1, W2	Lecture
2.	Classes: Practical aspects related to the development of menus and the balancing of the nutritional value of selected alternative diets	U1, U2, K1	Auditorium exercises

## Course advanced

Activities	Methods of conducting classes

<b>Activities</b>	<b>Methods of conducting classes</b>
Lecture	Lecture, Discussion, Presentation
Auditorium exercises	Case study, Problem solving, Analysis of source materials, Teamwork, Individual work

<b>Activities</b>	<b>Examination method</b>	<b>Percentage</b>
Lecture	Report	50%
Auditorium exercises	Report	50%

<b>Activities</b>	<b>Credit conditions</b>
Lecture	To pass the course it is required to obtain at least 51% of total points
Auditorium exercises	To pass auditorium exercises it is required to obtain at least 51% of total points

## Literature

### Obligatory

1. Dukan P.: Dukan Diet Life Plan. The Bestselling Dukan Weight-loss Programme Made Easy. Hodder & Stoughton, London 2011
2. Heimowitz C.; Lowe R: The Atkins 100 Eating Solution: Easy, Low-Carb Living for Everyday Wellness. New York 2020
3. Rolls B.: The Ultimate Volumetrics Diet: Smart, Simple, Science-Based Strategies for Losing Weight and Keeping It Off. New York 2012
4. Relevant scientific publications, including those of the module coordinator

## Calculation of ECTS points

<b>Activity form</b>	<b>Activity hours*</b>
Lecture	30
Auditorium exercises	15
Preparing the project	20
Preparation of the report	15
<b>Student workload</b>	<b>Hours</b> 80
<b>Number of ECTS points</b>	<b>ECTS</b> 3

\* hour means 45 minutes

## Effects

Code	Content
TN_K1_K01	The graduate is ready to contact and exchange of experiences and knowledge with the experts in order to explore better solutions for particular problems connected to among others: food production, delivery chain, food storage and human nutrition
TN_K1_U02	The graduate can assess the composition, energy and nutritional value of food products, determine their impact on the growth, development, functioning and health of the body, assess the diet, and nutritional status, and use the obtained results to rationalize the nutrition of individuals and different population groups
TN_K1_U08	The graduate can plan, organize and carry out, independently or in a team, simple project tasks related to food production and evaluation, human nutrition, and consumer behaviour
TN_K1_W02	The graduate knows and understands processes and phenomena occurring in the human being body in the nutrition process and the influence of food ingredients on the human being body and functions, importance and influence of food ingredients and energy value on the development and functioning of the human being body and their importance in ensuring public health