SZKOŁA GŁÓWNA GOSPODARSTWA WIEJSKIEGO

# Alternative diets

Educational subject description sheet

## Basic information

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|---|---|
| **Field of study**<br>Food Science - Technology and Nutrition<br>**Speciality**<br>-<br>**Organizational unit**<br>Faculty of Food Technology<br>**Study level**<br>first cycle (bachelor's degree)<br>**Study form**<br>full-time studies<br>**Education profile**<br>General academic | **Didactic cycle**<br>2023/24<br>**Subject code**<br>NoZTNS_D.110.04170.23<br>**Lecture languages**<br>english<br>**Mandatory**<br>Elective subjects<br>**Block**<br>Major subjects<br>**Disciplines**<br>Food technology and nutrition |

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| **Coordinator** | Joanna Myszkowska-Ryciak |
| **Teacher** | Joanna Myszkowska-Ryciak, Danuta Gajewska |

| **Period** | **Examination** | **Number of ECTS points** |
|---|---|---|
| Semester 5 | Pass with grade<br><br>**Activities and hours**<br>Lecture: 30<br>Auditorium exercises: 15 | 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 |
|---|---|---|---|
| **Knowledge – Student knows and understands:** | | | |
| 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 |
| **Skills – Student can:** | | | |
| 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 |
| **Social competences – Student is ready to:** | | | |
| 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 |
|---|---|

| Activities | Methods of conducting classes |
|---|---|
| Lecture | Lecture, Discussion, Presentation |
| Auditorium exercises | Case study, Problem solving, Analysis of source materials, Teamwork, Individual work |

| Activities | Examination method | Percentage |
|---|---|---|
| Lecture | Report | 50% |
| Auditorium exercises | Report | 50% |

| Activities | Credit conditions |
|---|---|
| Lecture | To pass the course it is required to obtain at lest 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

| Activity form | Activity hours* |
|---|---|
| Lecture | 30 |
| Auditorium exercises | 15 |
| Preparing the project | 20 |
| Preparation of the report | 15 |

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|---|---|
| **Student workload** | **Hours**<br>80 |
| **Number of ECTS points** | **ECTS**<br>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 |