SZKOŁA GŁÓWNA GOSPODARSTWA WIEJSKIEGO

Dietary prevention

Educational subject description sheet

Basic information

Field of study Food Science - Technology and Nutrition **Speciality** - **Organizational unit** Faculty of Food Technology **Study level** first cycle (bachelor's degree) **Study form** full-time studies **Education profile** General academic	**Didactic cycle** 2023/24 **Subject code** NoZTNS_D.110.04168.23 **Lecture languages** english **Mandatory** Elective subjects **Block** Major subjects **Disciplines** Food technology and nutrition

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

Period	**Examination**	**Number of ECTS points**
Semester 5	Pass with grade **Activities and hours** Lecture: 30 Auditorium exercises: 15	3

Goals

Code	Goal
C1	The objective of the course is to familiarize students with the issues of dietary prevention of selected diseases of civilization (diet-related diseases).

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	nutrients and other bioactive compounds in food products and their impact on human functioning and health	TN_K1_W02	Report
W2	nutrition intervention strategies that actually improved the health of populations/ nations	TN_K1_W02	Report
Skills – Student can:			
U1	assess the composition, energy and nutritional value of diets and determine their impact on the health and well-being	TN_K1_U02	Report, Presentation
U2	plan and perform projects aimed to improve the health and/or prevent health problems using nutritional strategies	TN_K1_U02, TN_K1_U08	Report, Presentation
U3	list the most common diet-related diseases and describe their risk factors connected with life style and nutrition	TN_K1_U02	Report, Presentation
Social competences – Student is ready to:			
K1	contact and exchange of experience and knowledge with experts in order to search for the best solutions in prevention of specific health problems	TN_K1_K03	Presentation

Study content

No.	Course content	Subject's learning outcomes	Activities
1.	During the course topics will be addressed related to the dietary prevention and treatment of overweight and obesity. The risk factors of diabetes type 2 and possible life style modification (including the diet) to prevent it will be discussed. Dietary strategies to prevent and treat cardiovascular disease will be presented as well as introducing the DASH diet characteristics used in prevention of hypertension. Much attention will be devoted to the role of antioxidants in the prevention of diseases of modern civilization. During the course the role and importance of prebiotics and probiotics in the prevention and treatment of selected diseases will be discussed. As a summary of the course trends in dietary guidelines around the global village will be discussed in the context of prevention of diet□related diseases and promotion of health.	W1, W2, U1, U2, U3	Lecture

No.	Course content	Subject's learning outcomes	Activities
2.	Diatery strategies to prevent the most common diet-related diseases: obesity, diabetes type II, cardiovascular disease, hypertension: planning, implementing.	U1, U2, U3, K1	Auditorium exercises

Course advanced

Activities	Methods of conducting classes
Lecture	Lecture, Discussion
Auditorium exercises	Presentation, Problem solving, Teamwork, Individual work

Activities	Examination method	Percentage
Lecture	Report	60%
Auditorium exercises	Presentation	20%
Auditorium exercises	Report	20%

Activities	Credit conditions
Lecture	To pass the course it is required to have at least 51% of total points
Auditorium exercises	To pass the course it is required to have at least 51% of total points

Literature

Obligatory

1. Bendich A., Deckelbaum R. (ed): Preventive Nutrition: The Comprehensive Guide for Health Professionals. Humana Press 2015.
2. Temple N.J., Td Wilson T., Jacobs Jr. D.R.: Nutritional Health: Strategies for Disease Prevention. Humana Press 2010.
3. Relevant scientific publications provided by the course coordinator

Calculation of ECTS points

Activity form	Activity hours*
Lecture	30
Auditorium exercises	15
Preparing a report	20
Preparation of a multimedia presentation	10
Preparation for exercises	10
Student workload	**Hours** 85

Number of ECTS points	ECTS 3

* hour means 45 minutes

Effects

Code	Content
TN_K1_K03	The graduate is ready to take responsibility for the high quality and high pro-health value food production, meeting the quality standards and health safety requirements
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