

Subject card

Subject name and code	Fundamentals of Human Nutrition, PG_00082092						
Field of study	Chemistry						
Date of commencement of studies	October 2025		Academic year of realisation of subject		2025/2026		
Education level	Bachelor's studies		Subject group		Obligatory subject group in the field of study Optional subject group Subject group related to scientific research in the field of study		
Mode of study	full-time studies		Mode of delivery		at the university		
Year of study	1		Language of instruction		Polish		
Semester of study	2		ECTS credits		2.0		
Learning profile	academic		Assessment form		credit		
Conducting unit	Faculty of Chemistry -> Rector						
Name and surname of lecturer (lecturers)	Subject supervisor		dr inż. Dorota Kaczerska				
	Teachers						
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: 0.0						
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		5.0		15.0	50
Subject objectives	1. Teaching the student the ability to theoretical and practical characteristics of the macro and micronutrients of the diet and their positive and negative impact on the human body. 2. Transfer of knowledge about the principles of a correct, balanced diet and the need for individual food ingredients as well as sources of nutrients and non-nutrients. 3. Teaching the student the skills of detailed characteristics of the basic diet and elimination of nutritional mistakes. 4. Teaching a student to determine the energy value of food and the energy value.						
Learning outcomes	Course outcome		Subject outcome		Method of verification		
	[CHEML3_K01] Identifies the level of her/his own knowledge and skills and the need for continuous learning and personal development.		Has the ability to constantly learn; Respects the rights of other people, including the right to information regarding dietary and its possibilities of consequences and limitations.		[SK4] test/exam - oral or written		
	[CHEML3_U09] Is able to learn independently.		The ability to assess the body's energy requirements and diet structure and identify health hazards		[SU8] observation of student's independent or team work		
	[CHEML3_W05] Has basic knowledge of the chemical specialisation studied.		Knowledge of the principles of a balanced diet		[SW4] test/exam - oral or written		

Subject contents	The issues of the lecture include the following issues Macrocomponents of the diet - proteins, carbohydrates, fats		
	Vitamins and minerals, water, fiber Selective shortages of nutrients Basic information about the digestive tract		
	The energy needs of the organism, the energy value of food Pollutants and anti-nutritive substances in food		
	Antioxidants, bioactive food. Genetically modified food. Nutritional safety.		
Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	test	51.0%	100.0%
Recommended reading	Basic literature	Literature required to pass the course 1. Gawęcki J.Hryniewiecki L [red]. Żywnienie człowieka. Podstawy nauki o żywieniu. PWN, Warszawa, 1998 2. Gawęcki J., Roszkowski W.[red]: Żywnienie człowieka a zdrowie publiczne. PWN. Warszawa 2009 3. Gertig H. Gawęcki J.: Żywnienie człowieka, słownik terminologiczny. PWN Warszawa 2007. 4. Jarosz M. Bułhak-Jachimczyk [red] Normy żywienia człowieka, PZWL, Warszawa, 2008 5. Kunachowicz H., Nadolna I., Przygoda B., Iwanow K.: Tabele składu i wartości odżywczej żywności, PZWL, Warsza-wa, 2005	
	Supplementary literature	Extracurricular readings 1. Gertig H. Przysławski J. Bromatologia zarys nauki o żywności i żywieniu. PZWL. Warszawa 2006. 2. Zachwieja Z [red] Leki i pożywienie interakcje. MedPharm Polska 2008 3. Wardlaw G., Insel P. Perspectives in nutrition, wyd. Mosby 1995 4. Czasopisma: Polish J. Food and Nutrition Sciences, Żywność, Żywnienie Człowieka i Metabolizm	
	eResources addresses		
	Example issues/ example questions/ tasks being completed		
Work placement	Not applicable		

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