

Course title:	Food science and nutrition				Code:
Field of study:	Tourism and recreation				Year/Semester: I
Specialization:	all				Modes: F/E
Number of hours / semester 60/48					ECTS credits: 6
Lectures: 30/16	Classes: 30/16	Laboratories:	Projects: 0/16	Seminars:	

Department: Hotel Management and Catering Industry

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Course position in the study programme:

- field course

Objectives:

- to present rules of a healthy and sick man diet

Learning outcomes:

- the ability to assess the nutrition condition and diet organizing

Course contents:

- rules of a rational diet, digesting and food assimilation
- energetic needs, a description of nutrients
- the assessment of food product nutrition value
- the assessment of a diet and a nutrition condition of a man
- practical aspects of nutrition rationalization

Teaching methods: lectures, classes

Assessment methods: credit, project (extramural course), examination

Recommended reading:

1. Gawędki J., Hryniewiecki L. Żywnienie człowieka. Podstawy nauki o żywieniu. PWN, 2003.
2. Hasik J., Gawędki J. Żywnienie człowieka zdrowego i chorego. PWN, 2004.
3. Ziemiański Ś. Normy żywienia człowieka. Fizjologiczne podstawy. PZWL, 2001.
4. Elmadfa I., Muskat E. Wielkie tabele kalorii i wartości odżywczych. Muza S.A., 2004.

5. Ciborowska H., Rudnicka A. Dietetyka. Żywnienie zdrowego i chorego człowieka. PZWL, 2004.