

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

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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. Gawędko J., Hryniewiecki L. Żywnienie człowieka. Podstawy nauki o żywnieniu. PWN, 2003.
2. Hasik J., Gawędko J. Żywnienie człowieka zdrowego i chorego. PWN, 2004.
3. Ziemiański Ś. Normy żywnienia 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.