

MODUL		COURSE TITLE	Nutrition in the life cycle		ECTS	3
FACULTY COORDINATOR			DEPARTMENT	DEPARTMENT OF HUMAN NUTRITION AND HYGIENE		
TEACHER		dr Paulina Nowaczyk, dr Karolina Łagowska, mgr inż. Angelika Śmidowicz				
VOLUME (H)	45		PERSONAL WORK (H)	45		
LECTURE (H)	LAB (H)	PLACEMENT (H)	PROJECT (H)	OTHER MODALITIES (H)		
12	18	0	15	0		
EVALUATION		TEACHING METHODS				
EVALUATION MODALITIES		Multimedial lectures				
ORAL INDIVIDUAL REPORT	25%	Work on case reports				
WRITTEN INDIVIDUAL REPORT	25%	Teamwork in group projects				
FINAL ORAL EXAM		Oral reports and discussion on team projects				
FINAL WRITTEN EXAM	50%					
COMMENTS OF EVALUATION						
SEMESTER (WINTER/SUMMER)		LANGUAGE				
SUMMER		ENGLISH				
OBJECTIVES						
To have understanding on the major nutrition-related concerns at particular stages of life cycle						
To gain skills in nutritional status evaluation at different stages of life						
To get familiar with foods particularly useful in meeting nutritional needs at different stages of life						
To gain skills in dietary plans elaboration						
CONTENTS						
1. Nutritional recommendations for general population. Normal diet and its modifications. Overview of changes in nutritional needs throughout a life cycle.						
2. Preconception nutrition and nutrition during pregnancy.						
3. Nutrition during the first year of life. Breastfeeding and nutritional needs of mother and of infant.						
4. Toddlers, preschoolers and school-aged children nutrition						
5. Adolescents and adults nutrition. Aging and changes in nutritional needs.						
Lab: principles of diet planning, evaluation of nutritional state at different stages of life, diet planning for different age groups, functional foods at different stages of life						
PRE-REQUIRES						