



Course: Human Nutrition

Objectives: By the end of the course, students will be able to:

- describe the components of a healthy diet, and critically evaluate the quality of their own diet;
- identify the major functions and food sources of each macronutrient (carbohydrate, protein, lipids) and micronutrient (vitamins and minerals);
- explain the role of diet in maintaining health and preventing chronic disease;
- summarize the nutrients of concern during human growth and development, and throughout the aging process.

Description:

1. Introduction to nutrition - food as source of nutrients, functions of food, definition of nutrition, nutrients & energy, adequate nutrition, malnutrition.
2. Interrelationship between nutrition & health
3. Basic food guide - 12 food groups
4. Use of food in body - digestion, absorption, transport & utilization.
5. Role of fibres in human nutrition.
6. Carbohydrates, Fats & Proteins - functions, composition, classification, food sources, storage in body.
7. Water - as a nutrient, function, sources, requirement, water balance & effect of deficiency.
8. Minerals - macro & micronutrients. - functions, sources. Bioavailability and deficiency of minerals
9. Vitamins (water & fat soluble) - definition, classification & functions.
10. Effect of cooking & heat processing on the nutritive value of foods.
11. Processed supplementary foods.
12. Food sanitation in hygiene.

Literature: Peckenpaugh NJ. Nutrition Essentials and Diet Therapy, 11th Edition Elsevier, Inc., 2010.

Thompson J, Manore M. Nutrition: An Applied Approach. Pearson Education, Inc., 2008.

Teaching: case studies/conversations/practice
210 hours

Examination: combined exam – test & oral

ECTS: 7

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