

ELECTIVE:

Course Title: Trends in nutrition of healthy people
Course Director: Joanna Zając, PhD
Coordinator /contact: Joanna Zając, PhD

Year: 3-6

Total number of hours: 30

Lectures:

Seminars: 30

Others (e.g. recitation):

Exams:

Student's Evaluation:

-credit requirements: obtaining minimum grade of 3.0 from each of 6 assigned task

-attendance requirements: in case of absence it is needed to prepare relevant assignments

-type of the final exam: Performing all assigned exercises - each diet means 1 exercise in the form of a properly prepared, usable diet together with health risk assessment

-retake information:

Date	Time	Type of classes	NO of hours	Topic	Teacher	Place
19 X	8:00-9:30	seminar	2	GROUP 1: Introduction to Blood Type Diet and Montigniac's diet	Dr Małgorzata Maraj	SALA 8
	8:00-9:30		2	GROUP 2: Introduction to Copenhagen, SIRT diets and vegetarian diet	Mgr Sylwia Warzecha	
26 X	8:00-9:30	seminar	2	GROUP 1: Introduction to Copenhagen, SIRT diets and vegetarian diets	Mgr Sylwia Warzecha	SALA 8
	8:00-9:30		2	GROUP 2: Introduction to ketogenic diet/NICE guidelines drug-resistant epilepsy and intermittent fasting diet	Dr Joanna Zając	
9 XI	8:00-9:30	seminar	2	GROUP 1: Introduction to ketogenic diet/NICE guidelines drug-resistant epilepsy and intermittent fasting diet	Dr J. Zając	SALA 8
	8:00-9:30		2	GROUP 2: Introduction to Blood Type Diet and Montigniac's diet	Dr M. Maraj	???
16 XI	8:00-10:15	Seminar	3	GROUP 1:	Mgr S. Warzecha	Sala 11

				Designing a diet according to Copenhagen, SIRT and vegetarian diets guidelines		
	8:00-10:15	Seminar	3	GROUP 2: Health outcomes connected with ketogenic and intermittent fasting diets	Dr J. Zając	???
23 XI	8:00-10:15	Seminar	3	GROUP 1: Health outcomes connected with Copenhagen, SIRT and vegetarian diets	Mgr S. Warzecha	Sala 8
	8:00-10:15		3	GROUP 2: Designing a diet according to ketogenic diets guidelines (Atkin's modification and 4:1 ketogenic diet)	Dr J. Zając	Sala 11
30 XI	8:00-10:15	Seminar	3	GROUP 1: Designing a diet according to ketogenic diets guidelines (Atkin's modification and 4:1 ketogenic diet)	Dr J. Zając	Sala 11
	8:00-10:15		3	GROUP 2: Health outcomes connected with Blood Type and Montigniac's diets' guidelines	Dr. M. Maraj	Sala 8
7 XII	8:00-10:15		3	GROUP 1: Health outcomes connected with ketogenic and intermittent fasting diets	Dr J. Zając	Sala 8
	8:00-10:15		3	GROUP 2: Designing a diet according to Blood Type and Montigniac's diets guidelines	Dr. M. Maraj	Sala 11
14 XII	8:00-10:15		3	GROUP 1: Designing a diet according to Blood Type and Montigniac's diets guidelines	Dr. M. Maraj	Sala 11
	8:00-10:15		3	GROUP 2: Health outcomes connected with Copenhagen, SIRT and vegetarian diets	Mgr S. Warzecha	Sala 8
21 XII	8:00-10:15		3	GROUP 1: Health outcomes connected with Blood Type and Montigniac's diets' guidelines	Dr M. Maraj	Sala 8
	8:00-10:15		3	GROUP 2: Designing a diet according to Copenhagen, SIRT and vegetarian diets guidelines	Mgr S. Warzecha	Sala 11

11 I	8:00-9:30		2	GROUP 1: Assessment of students' competences (in the form of a small project: Blood Type and Montigniac's diets guidelines)	Dr M Maraj	Sala 8
	8:00-9:30		2	GROUP 2: Assessment of students' competences (in a from of a small projet: Copenhagen, SIRT and vegetarian diets)	Mgr S. Maraj	Sala 1
18 I	8:00-9:30		2	GROUP 1: Assessment of students' competences (in the form of a small project: ketogenic and intermittent fasting diets)	Dr J. Zając	Sala 1
	8:00-9:30		2	GROUP 2: Assessment of students' competences (in the form of a small project: Blood Type and Montigniac's diets guidelines)	Dr M. Maraj	Sala 11
25 I	8:00-9:30		2	GROUP 1: Assessment of students' competences (in a from of a small projet: Copenhagen, SIRT and vegetarian diets)	Mgr S. Maraj	Sala 1
	8:00-9:30		2	GROUP 2: Assessment of students' competences (in the form of a small project: ketogenic and intermittent fasting diets)	Dr J. Zając	Sala 8