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| <b>Course Title:</b>               | <b><u>Trends in nutrition of healthy people</u></b>                                                                                                                   |
| <b>Course Director:</b>            | <b>Dr hab. Małgorzata Bała</b>                                                                                                                                        |
| <b>Coordinator /contact:</b>       | dr Joanna Zając<br>e-mail: joanna.jankowska@uj.edu.pl                                                                                                                 |
| <b>Responsible person/contact:</b> |                                                                                                                                                                       |
| <b>Address:</b>                    | <b>Kopernika 7a 31-034 Kraków</b>                                                                                                                                     |
| <b>Year:</b>                       | <b>2025/2026</b>                                                                                                                                                      |
| <b>Total number of hours:</b>      | <b>30</b>                                                                                                                                                             |
| Lectures:                          | .....                                                                                                                                                                 |
| Seminars:                          | ... <b>30</b> .....                                                                                                                                                   |
| Labs/Practicals:                   | .....                                                                                                                                                                 |
| Others (e.g. recitation):          | .....                                                                                                                                                                 |
| Exams:                             | .....                                                                                                                                                                 |
| <b>Conduct/Dress Code:</b>         | .....                                                                                                                                                                 |
| <b>Student's Evaluation:</b>       |                                                                                                                                                                       |
| -credit requirements:              | <i>Each seminar ends with a task. Students receive marks for completed assignments. The course grade is the average of the grades for the individual assignments.</i> |
| -attendance requirements:          | <i>All seminars are obligatory</i>                                                                                                                                    |
| -type of the final exam:           | Instead of examinations, we allow retaking of specific tasks.                                                                                                         |
| -retake information:               |                                                                                                                                                                       |
| <b>Teachers:</b>                   | <b>dr Joanna Zając; mgr Maria Kowalczyk, dr Małgorzata Maraj</b>                                                                                                      |

| Date | Time        | Type of classes | No of hours | Group | Topic                                                                                                   | Teacher             |
|------|-------------|-----------------|-------------|-------|---------------------------------------------------------------------------------------------------------|---------------------|
| 26 I | 11:00-12:30 | Seminar         | 2           | 1     | Introduction to ketogenic diet/NICE guidelines in drug-resistant epilepsy and intermittent fasting diet | Dr Joanna Zając     |
| 26 I | 11:00-12:30 | Seminar         | 2           | 2     | Introduction to Blood Type Diet and Montigniac's diet                                                   | Dr Małgorzata Maraj |

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| 26 I | 12:45-13:15 | Seminar | 2 | 1 | Introduction to Blood Type Diet and Montigniac's diet | Dr Małgorzata Maraj |
| 26 I | 12:45-14:15 | Seminar | 2 | 2 | Introduction to Copenhagen, SIRT and vegetarian diet  | Mgr Maria Kowalczyk |

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| 26 I | 14:30-16:00 | Seminar | 2 | 1 | Introduction to Copenhagen, SIRT and vegetarian diet                                                    | Mgr Maria Kowalczyk |
| 26 I | 14:30-16:00 | Seminar | 2 | 2 | Introduction to ketogenic diet/NICE guidelines in drug-resistant epilepsy and intermittent fasting diet | Dr Joanna Zając     |

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| 27 I | 11:00 – 13:15 | Seminar | 3 | 1 | Health outcomes connected with Blood Type Diet and Montigniac's diet | Małgorzata Maraj |
| 27 I | 11:00 – 13:15 | Seminar | 3 | 2 | Designing a ketogenic diet                                           | Dr Joanna Zając  |

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| 27 I | 13:30 – 15:45 | Seminar | 3 | 1 | Health outcomes connected with ketogenic and intermittent fasting diets         | Dr Joanna Zając     |
| 27 I | 13:30 – 15:45 | Seminar | 3 | 2 | Designing a diet according to Copenhagen, SIRT and vegetarian diets' guidelines | Mgr Maria Kowalczyk |

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| 28 I | 11:00 – 13:15 | Seminar | 3 | 1 | Designing a diet according to Blood Type Diet and Montigniac's diet     | Dr Małgorzata Maraj |
| 28 I | 11:00 – 13:15 | Seminar | 3 | 2 | Health outcomes connected with ketogenic and intermittent fasting diets | Dr Joanna Zając     |

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| 28 I | 13:30 – 15:45 | Seminar | 3 | 1 | Designing a diet according to Copenhagen, SIRT and vegetarian diets' guidelines | Maria Kowalczyk     |
| 28 I | 13:30 – 15:45 | Seminar | 3 | 2 | Health outcomes connected with Blood Type Diet and Montigniac's diet            | Dr Małgorzata Maraj |

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| 29 I | 11:00 – 13:15 | Seminar | 3 | 1 | Health outcomes connected with Copenhagen, SIRT and vegetarian diets' guidelines | Mgr Maria Kowalczyk |
| 29 I | 11:00 – 13:15 | Seminar | 3 | 2 | Designing a diet according to Blood Type Diet and Montigniac's diet              | Dr Małgorzata Maraj |

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|------|---------------|---------|---|---|----------------------------------------------------------------------------------|---------------------|
| 29 I | 13:30 – 15:45 | Seminar | 3 | 1 | Designing a ketogenic diet                                                       | Dr Joanna Zając     |
| 29 I | 13:30 – 15:45 | Seminar | 3 | 2 | Health outcomes connected with Copenhagen, SIRT and vegetarian diets' guidelines | Mgr Maria Kowalczyk |

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| 30 I | 11:00-12:30 | Seminar | 2 | 1 | Assessment of student's competences (Blood Type Diet and Montigniac's diet)         | Dr Małgorzata Maraj |
| 30 I | 11:00-12:30 | Seminar | 2 | 2 | Assessment of student's competences (ketogenic diet and intermittent fasting diets) | Dr Joanna Zając     |

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|------|-------------|---------|---|---|-----------------------------------------------------------------------------------------|---------------------|
| 30 I | 12:45-14:15 | Seminar | 2 | 1 | Assessment of student's competences (Copenhagen, SIRT and vegetarian diets' guidelines) | Mgr Maria Kowalczyk |
| 30 I | 12:45-14:15 | Seminar | 2 | 2 | Assessment of student's competences (Blood Type Diet and Montigniac's diet)             | Dr Małgorzata Maraj |

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|------|-------------|---------|---|---|-----------------------------------------------------------------------------------------|---------------------|
| 30 I | 14:30-16:00 | Seminar | 2 | 1 | Assessment of student's competences (ketogenic diet and intermittent fasting diets)     | Dr Joanna Zając     |
| 30 I | 14:30-16:00 | Seminar | 2 | 2 | Assessment of student's competences (Copenhagen, SIRT and vegetarian diets' guidelines) | Mgr Maria Kowalczyk |