

DESCRIPTION OF THE COURSE OF STUDY

Course code	0915.7.DI1.F3.ŻDZ	
Name of the course in	Polish	Żywienie dzieci zdrowych
	English	Healthy children's nutrition

1. LOCATION OF THE COURSE OF STUDY WITHIN THE SYSTEM OF STUDIES

1.1. Field of study	Dietetics
1.2. Mode of study	Full-time
1.3. Level of study	Bachelor's Degree
1.4. Profile of study*	Practical
1.5. Person/s preparing the course description	Dr Kamila Sobaś
1.6. Contact	kamila.sobas@ujk.edu.pl

2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

2.1. Language of instruction	English
2.2. Prerequisites*	Basics of human nutrition, organization and planning of catering

3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

3.1. Form of classes	Lecture classes/Practical classes	
3.2. Place of classes	Collegium Medicum UJK	
3.3. Form of assessment	Graded credit	
3.4. Teaching methods	Lecture: informative lectures with a multimedia presentation, conversational lectures Practical classes: project	
3.5. Bibliography	Required reading	<ol style="list-style-type: none"> 1. Behavioral Health Nutrition Dietetic Practice Group. Academy of Nutrition and Dietetics Pocket Guide to Children with Special Health Care and Nutritional Needs. Eurospan, 2021. 2. Katz D. Nutrition in Clinical Practice. Wolters Kluwer Health, 2022. 3. Krawczyński M. Żywienie dzieci w zdrowiu i chorobie. Help MED, Kraków, 2015. 4. Grzymisławski M., Gawęcki J. Żywienie człowieka zdrowego i chorego. PWN, Warszawa, 2012. 5. Jarosz M. Praktyczny podręcznik dietetyki. IŻŻ, Warszawa, 2011. 6. Włodarek D. Dietetyka. Format-AB, 2006.
	Further reading	<ol style="list-style-type: none"> 1. Jarosz M. Normy żywienia dla populacji polskiej – nowelizacja wydania. IŻŻ, Warszawa, 2017. 2. Gawęcki J. Żywienie człowieka. Podstawy nauki o żywieniu. PWN, Warszawa, 2012. 3. http://www.eufic.org/en/healthy-living/article/child-and-adolescent-nutrition.

4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED LEARNING OUTCOMES

4.1. Course objectives (including form of classes)

Lectures:

- C1. Natural and artificial nutrition of infants.
- C2. Nutrition of preschool, school age children up to 18 years of age.

Practical classes:

- C1. Planning natural and artificial nutrition of infants.
- C2. Correct selection of products in the nutrition of children of preschool, school age.
- C3. Development of nutritional recommendations for preschool and school age children.

4.2. Detailed syllabus (including form of classes)

Lectures

1. Phases of physical and psychomotor development of infants, children, and adolescents.
2. The principles of natural feeding of newborns and infants.
3. Indications and contraindications to breastfeeding.
4. The most common problems connected with breastfeeding.
5. Principles of modern artificial feeding of infants.
6. Principles of infant and child nutrition.
7. Principles of nutrition of young people up to 18 years of age.

Classes

1. Proper selection of foods and cooking techniques.
2. Development of nutritional recommendations for preschool, school-age children.
3. Water and beverages in children's nutrition.
4. The most common mistakes in children's nutrition.
5. The most common errors in nutrition of adolescents up to 18 years of age.
6. Basic assessment of the nutritional status of children

4.3 Intended learning outcomes

Code	A student, who passed the course	Relation to learning outcomes
within the scope of KNOWLEDGE:		
W01	Explains the importance of proper nutrition of infants, children and adolescents up to 18 years of age.	DIIP_W07
W02	Characterizes nutritional recommendations for infants, children and adolescents up to 18 years of age.	DIIP_W09
within the scope of ABILITIES:		
U01	Can plan proper nutrition of infants, children and adolescents up to 18 years of age with the use of computer programs.	DIIP_U02 DIIP_U04 DIIP_U10
U02	Can interpret nutritional mistakes made by children and adolescents up to 18 years of age.	DIIP_U03
within the scope of SOCIAL COMPETENCE:		
K01	Is aware of the needs and nutritional preferences of infants, children and adolescents up to 18 years of age.	DIIP_K04
K02	Is aware of the need for training and self-improvement throughout life.	DIIP_K05

4.4. Methods of assessment of the intended learning outcomes

Teaching outcomes (code)	Method of assessment (+/-)											
	Test			Effort in class			Self-study			Reports		
	Form of classes			Form of classes			Form of classes			Form of classes		
	L	C	...	L	C	...	L	C	...	L	C	...
W01	+			+						+		
W02	+			+						+		
U01		+			+			+		+		
U02		+			+			+		+		
K01		+			+			+				
K02					+							

4.5. Criteria of assessment of the intended learning outcomes

Form of classes	Grade	Criterion of assessment
Lecture (L)	3	61-68% Mastering the content of the curriculum at the basic level, chaotic answers, necessary leading questions.
	3,5	69-76% Mastering the content of the curriculum at the basic level, systematized answers, requires the help of a teacher.
	4	77-84% Mastering the content of the curriculum at the basic level, systematic and independent answers.
	4,5	85-92% The scope of the presented knowledge goes beyond the basic level based on the supplementary literature provided.
	5	93-100% The scope of the presented knowledge and skills goes beyond the basic level based on self-acquired scientific sources of information.

Classes (C)	3	61-68% Mastering the content of the curriculum at the basic level, chaotic answers, necessary leading questions.
	3,5	69-76% Mastering the content of the curriculum at the basic level, systematized answers, requires the help of a teacher.
	4	77-84% Mastering the content of the curriculum at the basic level, systematic and independent answers.
	4,5	85-92% The scope of the presented knowledge goes beyond the basic level based on the supplementary literature provided.
	5	93-100% The scope of the presented knowledge and skills goes beyond the basic level based on self-acquired scientific sources of information.

5. BALANCE OF ECTS CREDITS – STUDENT’S WORK INPUT

Category	Student's workload	
	Full-time studies	Extramural studies
<i>NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/</i>	50	30
<i>Participation in lectures</i>	20	15
<i>Participation in classes</i>	25	15
<i>INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/</i>	50	70
<i>Preparation for the lecture</i>	25	35
<i>Preparation for the classes</i>	25	35
<i>TOTAL NUMBER OF HOURS</i>	100	100
ECTS credits for the course of study	4	4

Accepted for execution (date and legible signatures of the teachers running the course in the given academic year)

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