Attachment No. 5 to Rector's ordinance No. 22/2020

DESCRIPTION OF THE COURSE OF STUDY

Course code	**0915.7.DI1.B/C27.PPD**	
Name of the course in	Polish	**Produkcja posiłków dietetycznych**
	English	**Production of dietary food**

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*	**Technology of food, commodity science, nutrition of a healthy and sick person, basics of dietetics**

3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

3.1. Form of classes		**Laboratory**
3.2. Place of classes		**Collegium Medicum UJK**
3.3. Form of assessment		**Graded credit**
3.4. Teaching methods		**Laboratory: practical exercises, developing a problem task, discussion**
3.5. Bibliography	**Required reading**	**1. Wieczorek-Chełmińska Z. Nowoczesna dietetyczna książka kucharska. Wyd. Lekarskie PZWL, Warszawa, 2014.** **2. Ciborowska H., Rudnicka A. Dietetyka. Żywienie zdrowego i chorego człowieka. Wyd. Lekarskie PZWL, Warszawa, 2000.** **3. Kmiołek A. Sporządzanie i ekspedycja potraw i napojów. Technologia gastronomiczna. Część 1 i 2. Wyd. Wsip, Warszawa, 2013**
	Further reading	**1. Zalewski S. Podstawy technologii gastronomicznej. Wyd. WN-T, Warszawa, 2003.** **2. Pijanowski E., Dłużewski M., Dłużewska A., Jarczyk A. Ogólna technologii Żywności. Wyd. 8 WNT, Warszawa, 2004.**

4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED LEARNING OUTCOMES

4.1. Course objectives *(including form of classes)*

Laboratory:

C1. Planning and using different stages of technological process of food preparation in planning dietotherapy of diseases included in Polish dietetic system.

C2. Selecting appropriate raw materials for the production of dishes planned in dietotherapy and appropriate techniques for preparing dishes.

C3. Developing creativity in making dietetic dishes.

4.2. Detailed syllabus *(including form of classes)*

Lectures

1. Principles of preparing dietetic foods.
2. Thermal treatment used in the preparation of dietetic foods.
3. The principles of preparing an easily digestible diet.
4. The principles of preparing low-fat diets.
5. The principles of preparing protein rich diets.
6. The principles of preparing low-protein diets.
7. The principles of preparing a low-sugar diet.
8. The principles of pre-paring low energy diets.
9. The principles of preparing a low energy diet.
10. Preparing dishes for allergy sufferers.

11. The use of vegetarian dishes in nutrition of healthy and sick people.

4.3 Intended learning outcomes

Code	A student, who passed the course	Relation to learning outcomes
within the scope of **KNOWLEDGE:**		
W01	Knows food technology, biotechnology and the basics of food commodity science.	DI1P_W08
within the scope of **ABILITIES:**		
U01	Is able to make the appropriate selection of raw materials for the production of dishes used in diet therapy, apply appropriate techniques of preparing dietary dishes. Makes basic decorative elements and uses them to decorate tables and dishes.	DI1P_U05 DI1P_U06 DI1P_U10
within the scope of **SOCIAL COMPETENCE:**		
K01	Adheres to the principles of occupational health and safety and ergonomics.	DI1P_K01
K02	Can take responsibility for his own actions and properly organize his own work.	DI1P_K03

4.4. Methods of assessment of the intended learning outcomes

Teaching outcomes *(code)*	Method of assessment (+/-)																					
	Effort in class			Group work			Practical exercise															
	Form of classes			*Form of classes*			*Form of classes*															
	L	*C*	*L*	*L*	*C*	*L*	*L*	*C*	*L*													
W01			+						+													
U01			+			+			+													
K01			+			+			+													
K02			+			+			+													

4.5. Criteria of assessment of the intended learning outcomes

Form of classes	Grade	Criterion of assessment
Laboratory (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.

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

Category	Student's workload	
	Full-time studies	Extramural studies
NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/	**50**	**30**
Participation in laboratories	**50**	**30**
INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/	**50**	**70**
Preparation for the laboratories	**50**	**70**
TOTAL NUMBER OF HOURS	**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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