

# SUBJECT TEACHING GUIDE (SYLABUS)

## NAME OF THE UNIT CONDUCTING THE DIRECTION:

Department of Biomedicine and Experimental Surgery, Department of Endocrinology, Medical University of Lodz.

**EDUCATION PROFILE:** General Academic

**LEVEL OF EDUCATION:** 3 Degree (Doctoral School)

1. **Subject Name:** Bioactive food components and their importance in human health
2. **Type of subject:** Optional.
3. **Course Objectives:** Acquire a basic knowledge of the health-promoting properties of a variety of foods.
4. **Form of study:** Doctoral School
5. **Year of study:** -
6. **Form of classes and number of hours for each form of classes:** Optional classes (seminars) - either stationary or remote (to be determined with PhD students) - 5 hours.
7. **Name and surname of the lecturer:**  
Karol Kłosiński, PhD, Zbigniew Pasięka, PhD, MD, prof. MUL
8. **Teaching methods:**  
Verbal transmission, multimedia presentations, demonstrations, case-study method.
9. **Scope:**
  - The issue of health food
  - History of health-foods
  - Bioactive components of plant origin
  - Antioxidants in food
  - Substances used in the production of low-calorie foods
  - Processing and preservation of health promoting foods
  - Combination of fixing agents
10. **Learning outcomes**
  - Knowledge:** Acquisition of theoretical and practical knowledge of the health-promoting properties of foods.
  - Skills:** Acquisition of the ability to recognise and classify the different health-promoting properties of foods.
  - Social competences:** Ability to communicate knowledge of health-promoting foods.

**11. List of primary literature:**

'Pro-health food: Ingredients and Technology'; Author: Czapski Janusz (ed.), Górecka Danuta; Publishing House of the University of Life Sciences in Poznań, 2015

**12. Methods and ways of verification of learning outcomes, including the form and conditions for passing the course:** Credit for the course is awarded on the basis of attendance and activity in class. Attendance at a minimum of 50% of classes is required to receive positive credit.

**13. Additional Information:**

- **Contact information to the lecturer:** Karol Kłosiński, karol.klosinski@umed.lodz.pl; 427275318.
- **Class dates:** To be determined with PhD students

**14. Statement of the leader and his signature:**

*I declare that the curricular content contained in this syllabus is the result of my individual creative work performed within the framework of an employment/collaborative relationship arising from a civil law contract, and that no third parties are entitled to copyright on this account.*

**15. Signature of the Director of the Doctoral School:**

**16. Date:**