**Załącznik nr 3**

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| **Module card** |
| I. GENERAL INFORMATION |
| **THE WITELON STATE UNIVERSITY OF APPLIED SCIENCES IN LEGNICA****DEPARTMENT DEPARTMENT OF HEALTH SCIENCES AND PHYSICAL CULTURE** |
| **Field** | DIETETICS |
| **Module title** | Nutrition of women during pregnancy and lactation. Nutrition of healthy and ill children |
| **Language of lecture** | english |
| **ECTS points** | 4 |
| **Preliminary conditions:** | Basic knowledge about human nutrition. |
| II. Education aims |
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| 1. Understanding the essence of proper nutrition and its importance in the modern world.
2. Getting familiar with the more important socio-economic, nutritional and environmental problems occurring in pregnancy and lactation.
3. Developing the ability to preparte proper diet to for pregnant women or child.
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| III. Education outcomes |
| 1. In terms of social competencies, the graduate is prepared to formulate opinions on various aspects of professional activities;
2. compares the anthropometric measurements and blood pressure against the centile growth charts
3. applies nutrition therapy (enteral and parenteral nutrition included);
4. In terms of skills, the graduate can apply nutritional treatment, including enteral and parenteral feeding;
5. knows the principles of nutrition applicable to healthy and ill children, including natural feeding, the principles of protective inoculation, and of conducting health evaluation of a child
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| IV. EDUCATIONAL METHODS |
| **Assesment method: EXAM** |
| **Student workload: Project** |
| V. MODULE TYPE AND CONTENTS |
| Nutrition during pregnancy and lactation.Vegetarian and vegan diet during pregnancy and lactation.Diets during pregnancy.The most common nutritional problems during pregnancy.Breastfeeding and artificial feeding - the advantages and disadvantages of particular solutions, problems associated with them.Breastfeeding - facts and myths.Child nutrition.Introducing solid foods to baby diet.Principles of self-prepared meals.Food intolerance in children.Balancing diets for pregnant and lactating women. Contraindications for breastfeeding - case analysis.Diets for children with intolerances and food allergies.Using nutritional recommendations in planning diets.Determining the quantity and size of meals.Using of nutritional standards in planning children's menus for different periods of time.Effect of stimulants on fetal development and breast-feeding - case analysi |
| VII. ECTS POINT BALANCE SHEET - STUDENT'S WORKLOAD |
| **Category** | **Student’s workload** |
| **Contact hours** | 30 |
| Participation in lectures | 30 |
| Participation in classes, workshops |  |
| Exam | 1 |
| **Independent student’s work** | 70 |
| Preparation for the lecture | 20 |
| Preparation for the classes, workshops |  |
| Preparation for the test | 20 |
| Preparation for the exam |  |
| Preparing the project | 14 |
| Preparing multimedia presentation | 15 |
| **Total numer of hours** | 100 |
| **ECTS points**  | 4 |
| VIII. Recommended literature |
| 1.*Krause and Mahan's Food & the Nutrition Care Process, Elsevier, 2020* 2. Nutritional and Therapeutic Interventions for Diabetes and Metabolic Syndrome, Debasis Bagchi Sreejayan Nair, `Els*evier, 2018*3. Krause's Food & the Nutrition Care Process, Mahan L. Kathleen, Saunders, 20164. Nutrition in pregnancy, Janna L. Morisson, MDPI AG, 2017 |
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