Course code	
Type and description	Elective Course
ECTS credit	1
Course name	Food and Immunity
Course name in Polish	Żywność a odporność
Language of instruction	English
Course level	8 PRK
Course coordinator	Dr inż. Iwona Majak (0000-0002-5617-9631)
Course instructors	Dr inż. Iwona Majak (0000-0002-5617-9631)

Delivery methods and course duration

	Lecture	Tutorials	Laboratory	Project	Seminar	Other	Total of teaching hours during semester
Contact hours	0	0	0	15	0	0	15
E-learning	No	No	No	No	No	No	
Assessment criteria (weightage)				1,00		0,00	

Course objective	The aim of the subject is to acquire the knowledge on the mechanisms of human immunity, chosen food components and their influence on the immunity, types of immunological reactions to food; critical thinking on selected beliefs on the relations between food products and immunity; enable the possibility to acquire the ability to determine an allergen in a chosen food product – learning of method selection to prepare the sample and determination with ELISA method.
Learning outcomes	After completing the subject a student is able to: 1. List the elements, describe the structure and functions of the immunological system – outcome W4, K1 2. List the types of immunological reactions and explain the mechanism – outcome W4, K1 3. Give examples of food components influencing the immune system and explain their action – outcome W4, K1 4. Give examples of immunometric tests and their applications – outcome W4, U4 5. Perform a simple ELISA test and interpret the results – outcome W4, U4
Assessment methods	Effects 1-3 - presentation Effects 4-5 - observation Final grade is comprised of: Participation in discussions - 45% Presentation - 55%
Prerequisites	Basics of dietetics, human nutrition, food chemistry or equivalent
Course content with delivery methods	1. Structure and functions of human immune system 2. The influence of selected food components on immunity 3. Selected analytical aspects of immunometric methods 1. Attempt to a critical evaluation of chosen popular beliefs concerning the connection between selected food products and immunity 1. Determination of an allergen in a food product of choice – selection of the method of sample preparation and ELISA determination
Basic reference materials	1. Teacher's materials 2. Immunology. 2013, 8th ed. Male D., Elsevier Saunders 3. Roitt I. Roitt's essential immunology. 2011. Wiley-Blackwell 4. Lean M. Barasi's human nutrition: a health perspective. 2017. CRC Press/Taylor & Francis
Other reference materials	-
Average student workload outside classroom	15h
Comments	-
Last update	25.01.2022