

Course name: Biochemistry of nutrition (USOS Code: B-BM.072Eng)

ECTS: 1

No. of hours: 15 (15 lectures + 0 classes)

Course coordinator: Dr Justyna Sulej

Prerequisites: Completed course in Biochemistry

Course description: This module will highlight the role of nutrients and nutrient metabolism in human health. The course covers the structural and functional characteristics of macronutrients (amino acids, proteins, carbohydrates, lipids) and micronutrients (vitamins) in food consumed by humans. Biochemical mechanisms associated with the digestion and assimilation of macronutrients. Molecular aspects of nutrition and integration of metabolic pathways of food ingredients. Bases of human nutrition in relation to the organs and systems of the body and physiological conditions (e.g. pregnancy, lactation, growth, puberty, aging).

Recommended literature: Voet D.J., Voet J.G., Pratt C.W., Principles of Biochemistry, 5th global ed., John Wiley & Sons, Inc., 2018; Mann J., and Truswell A.S. Essentials of human nutrition. Oxford University Press 2007; Appleton, A., and Vanbergen O. Crash Course: Metabolism and Nutrition. Elsevier Health Sciences, 2012.