



# Plant Based Diets in prevention and clinical practice

<b>1. IMPRINT</b>			
<b>Academic Year</b>	2023/2024		
<b>Department</b>	Faculty of Medicine		
<b>Field of study</b>	Medicine		
<b>Main scientific discipline</b>	Medical science		
<b>Study Profile</b>	general academic		
<b>Level of studies</b>	Uniform MSc		
<b>Form of studies</b>	Full time studies		
<b>Type of module / course</b>	Non-compulsory		
<b>Form of verification of learning outcomes</b>	Completion		
<b>Educational Unit / Educational Units</b>	Department of Social Medicine and Public Health Medical University of Warsaw 3 Oczki St, 02-007 Warsaw Phone: 22-621-52-56, 22-621-51-97 E-mail: <a href="mailto:zmsizp@wum.edu.pl">zmsizp@wum.edu.pl</a>		
<b>Head of Educational Unit / Heads of Educational Units</b>	Prof. Aneta Nitsch-Osuch, MD, PhD		
<b>Course coordinator</b>	Katarzyna Okręglicka, PhD e-mail: <a href="mailto:kokreglicka@wum.edu.pl">kokreglicka@wum.edu.pl</a>		
<b>Person responsible for syllabus</b>	Katarzyna Okręglicka, PhD e-mail: <a href="mailto:kokreglicka@wum.edu.pl">kokreglicka@wum.edu.pl</a>		
<b>Teachers</b>	Katarzyna Okręglicka, PhD		
<b>2. BASIC INFORMATION</b>			
<b>Year and semester of studies</b>	1st-6th; Winter and summer semesters (e-learning)	<b>Number of ECTS credits</b>	2.00

FORMS OF CLASSES	Number of hours	ECTS credits calculation
<b>Contacting hours with academic teacher</b>		
Lecture (L)		
Seminar (S)	30 (e-learning)	1.00
Discussions (D)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
<b>Unassisted student's work</b>		
Preparation for classes and completions	30	1.00

### 3. COURSE OBJECTIVES

O1	Presentation of the division of plant diets. Familiarise oneself with individual types of plant diets: flexitarianism, semitarianism, lacto-ovo-vegetarianism, lacto-vegetarianism, ovo-vegetarianism, veganism, raw-foodism, fruitarianism. Familiarise oneself with the possibility of beneficial or negative impact of the use of selected plant based diets on human health in selected disease entities.
O2	Familiarise oneself with the report of The EAT-Lancet Commission on Food, Planet, Health and the nutrition model recommended in the report. To learn about the benefits of changing eating habits for the health of the population and for the planet. Understanding the relationship between the impact of food production and climate change.
O3	Familiarise oneself with the possibility of beneficial or negative impact of the use of selected plant based diets on human health in selected disease entities.

### 4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of the effect of learning in accordance with standards of learning	Effects in time <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>
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#### Knowledge – Graduate\* knows and understands:

E.W1	the environmental and epidemiological conditions of the most common diseases;
B.W19	the consequences of improper nutrition, including prolonged starvation, eating too heavy meals and using an unbalanced diet;
B.W34	basics of ecology and environmental protection, types of pollution and methods of environmental protection;

B.W37	the impact of environmental factors on human and social health, state health policy, health programs and health threats, taking into account such variables as age, place of residence, study or work;
C.W21	principles of dietary treatment and complications of diet therapy;
C.W50	the consequences of improper nutrition, including prolonged starvation, excessive eating and the use of an unbalanced diet, and disorders of digestion and absorption of digestive products;
D.W14	the principles of health promotion, its tasks and main lines of action, with particular emphasis taking into account the knowledge of the role of the elements of a healthy lifestyle;
D.W23	the basics of evidence-based medicine;
D.W34	the methods of assessing the diet of a healthy and sick person;

**Skills– Graduate\* is able to:**

D.U1	take into consideration patient's subjective needs and expectations resulting from socio-cultural conditions in the process of therapeutic treatment;
D.U7	involve the patient in the therapeutic process;
D.U9	provide advice on compliance with therapeutic recommendations and a healthy lifestyle;
D.U31	provide information on the use of nutritional preparations and dietary supplements;
D.U17	critically analyses medical literature, including in English, and draws conclusions based on the available literature;
C.U32	apply therapeutic diets in selected diseases, supervise the differences in mass nutrition and identify complications of diet therapy;

\* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

**5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)**

Number of effect of learning	Effects of learning in time
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**Knowledge – Graduate knows and understands:**

K1	
K2	

**Skills– Graduate is able to:**

S1	
S2	

**Social Competencies – Graduate is ready for:**

SC1	
SC2	

<b>6. CLASSES</b>		
<b>Form of class</b>	<b>Class contents</b>	<b>Effects of Learning</b>
S-el1	From flexitarianism to fruitarianism. Plant diets - types and characteristics.	CW21,
S-el2	Planetary Diet and The EAT-Lancet Commission on Food, Planet, Health report. How to change eating habits - benefit for the population and the planet. The impact of food production on climate change.	BW34, BW37, CW21, DW23, DW14, DW23, DU17
S-el3	Deficiencies on plant based diets - when does supplementation become a necessity?	DU31, DW34, DW23, DW34, DU31
S-el4	Obesity and plant based diets. The use of plant diets in the aspect of weight reduction.	BW19, CW21, CW50, D14, EW1, DW14, DU7, DU17, CU32
S-el5	Plan based diets diet and gastrointestinal microbiota. The use of plant diets in diseases of the gastrointestinal tract.	EW1, BW19, CW50, DW14, DU7, CU32
S-el6	The usefulness of plant based diets in selected skin diseases.	EW1, CW21, DU7, CU32
S-el7	The usefulness of plant based diets in cardiovascular diseases	EW1, CW21, DU7, CU32
S-el8	The usefulness of plant based diets in selected endocrine diseases.	EW1, CW21, DU7, CU32
S-el9	Theory vs practice - Plant-based diets - advantages and disadvantages. (exercises, practical classes)	DU1, DU7, DU9, DU17
S-el10	Theory vs practice - The vegetarian food market. Plant-based alternatives to animal products - for and against. (exercises, practical classes)	DU1, DU7, DU9, DU17

<b>7. LITERATURE</b>
<b>Obligatory</b>
<ol style="list-style-type: none"> <li>1. Willett W, Rockström J, Loken B. i wsp. Food in the Anthropocene: the EAT–Lancet Commission on healthy diets from sustainable food systems. <i>The Lancet</i>. 2019; 393(10170):447-492.</li> <li>2. Melina V, Craig W, Levin S. Position of the Academy of Nutrition and Dietetics: vegetarian diets. <i>Journal of the Academy of Nutrition and Dietetics</i>. 2016; 116(12):1970-1980.</li> <li>3. Gehring J, Touvier M, Baudry J. i wsp. Consumption of ultra-processed foods by pesco-vegetarians, vegetarians, and vegans: associations with duration and age at diet initiation. <i>The Journal of nutrition</i>. 2021; 151(1):120-131.</li> </ol>
<b>Supplementary</b>

<b>8. VERIFYING THE EFFECT OF LEARNING</b>		
<b>Code of the course effect of learning</b>	<b>Ways of verifying the effect of learning</b>	<b>Completion criterion</b>
<i>e.g. G.K1, G.S1, K1</i>	<i>This field defines the methods used for grading students e.g. pop quiz,</i>	<i>e.g. threshold number of</i>

	<i>test, written report etc.</i>	<i>points</i>
E.W1, B.W19, B.W34,B.W37, C.W21,C.W50,D.W14,D.W23, D.W34,D.U31, C.U32	Active participation in e-learning. Test	Certificate
D.U1, D.U7, D.U9, D.U17	Active participation in seminars, preparing final work. Test	To pass is necessary to collect above 60% of the maximum possible points from assignments and test.

## 9. ADDITIONAL INFORMATION

Optional course – full on e-learning platform.

Access to e-learning will be available from 21th of October 2023 to 8th January 2024 and 1st March to 31st of May 2024;

A person responsible for the course: Katarzyna Okręglicka PhD, katarzyna.okreglicka@wum.edu.pl, Oczki 3 Street, room 213.

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### ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers