

Course title	Dietary prevention of cancer
Component code	04-04
Lecturer	Determined later
Lecturer's email address	
Hours	30
ECTS	5
Semester	Winter X    Summer X
Content	<ol style="list-style-type: none"> <li>1. Risk factors of cancer development</li> <li>2. Basic stages of cancer development</li> <li>3. Basics mechanisms of anti-cancer action of substances supplied with food</li> <li>4. Role of antioxidants in cancer development (food and supplements)</li> <li>5. Role of spices in cancer development</li> <li>6. Influence of different types of tea and alcohol on cancer development</li> <li>7. Importance of individual vegetable and fruit ingredients in cancer development</li> <li>8. Culinary techniques in cancer prevention</li> </ol>
Learning outcomes	<p><b>At the end of the course the learner is expected to be able to:</b></p> <ol style="list-style-type: none"> <li>1. To have knowledge about basics of cancer development and risk factors</li> <li>2. Explain the mechanisms of anti-cancer action of substances supplied with food</li> <li>3. Explain the role of antioxidants in cancer development and differences between their supply with diet and supplements</li> <li>4. Indicate food products, culinary techniques and elements of lifestyle beneficial in the prevention of cancer and justify their beneficial effects</li> </ol>
Selected literature	

	<ul style="list-style-type: none"><li>- Functional Foods in Cancer Prevention and Therapy 1st Edition, Academic Press 2020</li><li>- publications in the pubmed database</li></ul>
Teaching tools/methods	<ol style="list-style-type: none"><li>1) Group discussion</li><li>2) Test of knowledge</li><li>3) Lectures</li></ol>
Form of examination	Test