

Course title	Dietary prevention of cancer
Lecturer	Determined later
Lecturer's email address	
Hours	30
ECTS	5
Academic year	2020/2021
Semester	winter/summer
Content	<ol style="list-style-type: none"> 1. Risk factors of development cancer 2. Basic stages of cancer development 3. Basics mechanisms of anti-cancer action of substances supplied with food 4. Role of antioxidants in cancer development (food and supplements) 5. Role of spices in cancer development 6. Influence of different types of tea and alcohol on cancer development 7. The importance of individual vegetable and fruit ingredients in cancer development 8. Culinary techniques in cancer prevention
Learning outcomes	<p>At the end of the course the learner is expected to be able to:</p> <ol style="list-style-type: none"> 1. To gain knowledge about basics of cancer development and risk factors 2. Explain mechanisms of anti-cancer action of substances supplied with food 3. Explain role of antioxidants in cancer development and differences between their supply with diet and supplements

	4. Indicate food products, culinary techniques and elements of lifestyle beneficial in the prevention of cancer and justify their beneficial effects
Selected literature	<p>- Functional Foods in Cancer Prevention and Therapy 1st Edition, Academic Press 2020</p> <p>- publications in the pubmed database</p>
Teaching tools/methods	<ol style="list-style-type: none"> 1) Group discussion 2) Test of knowledge 3) Lectures
Form of examination	Test of knowledge