

Course title	Phytotherapy in dietetics
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. The impact of bioactive ingredients of herbal plants on human health and on the prevention of diet-related diseases 2. Natural plant spices classification, chemical composition and health-promoting properties 3. Popularly used vegetable oils composition, action and explain mechanisms of action 4. Herbs in dietary therapy - distinguishing selected herbal plants and spices in terms of smell, taste and appearance 5. Herbal spice raw materials in food processing 6. The contraindications to the use of herbs, spices and plant products in some diseases and drug interactions 7. Analysis of medicines and supplements containing herbal ingredients in terms of their action, use and dosage 8. Compendium of Botanicals and Botanical Preparations that Have Been Considered for Food Supplement Use and Have Been Reported to Have Also a Medicinal Use 9. Vegetable substances, indications and contraindications for use during pregnancy and preparation for delivery

	10. Preparations containing herbal plants as part of the lactation-enhancing diet
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. Explain the impact of bioactive ingredients of herbal plants on human health and on the prevention of diet-related diseases 2. Characterize natural plant spices classification, chemical composition and health-promoting properties 3. Characterize popularly used vegetable oils composition, action and explain mechanisms of action 4. Have the skill to use herbs in dietary therapy and to distinguish selected herbal plants and spices in terms of smell, taste and appearance 5. Characterize herbal spice raw materials in food processing 6. Know the contraindications to the use of herbs, spices and plant products in some diseases, and interactions with drugs 7. Indicate differences in the composition of medicines and dietary supplements containing plant ingredients 8. Indicate important sources of knowledge about plant ingredients 9. Characterize vegetable substances, indications and contraindications for use during pregnancy and preparation for delivery 10. Describe preparations containing herbal plants as

	part of the lactation-enhancing diet
Selected literature	<ol style="list-style-type: none"> 1. Compendium of botanicals reported to contain naturally occurring substances of possible concern for human health when used in food and food supplements. Journal EFSA 2012;10(5):2663 2. Scientific Opinion on a Qualified Presumption of Safety (QPS) approach for the safety assessment of botanicals and botanical preparations. EFSA Journal: 2014 3. Publications from the pubmed database 4. New Look to Phytomedicine, 1st Edition, Advancements in Herbal Products as Novel Drug Leads, Academic Press 2018 5. Medicinal Foods as Potential Therapies for Type-2 Diabetes and Associated Diseases, 1st Edition 6. The Chemical and Pharmacological Basis of their Action, Academic Press 2019
Teaching tools/methods	<ol style="list-style-type: none"> 1. Lectures 2. Practical classes using herbs and spices 3. Discussion with the group
Form of examination	Test of knowledge