

HEALTH EFFECTS OF FOOD COMPONENTS

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Abstract:

1. Human food evolution
2. Molecular high throughput tools for food science
3. Food choices in our genome: nutrigenetics vs. nutrigenomics with examples
4. Beyond genetic code; food modulated epigenetic mechanisms
5. Choosing and absorbing food ingredients by human organism
6. It's not only in our gut - gut brain axis
7. Control of food intake
8. We are not the sole consumers - microbiome
9. The dietary causes of chronic diseases and means to prevent them
10. Food vs health problems in statistical analyses
11. Why food may be not healthy? Diet dependent chronic diseases, mechanisms of development and prevention.
12. Food processing: friend or foe?
13. Functional foods and therapeutic foods.
14. GMO foods.
15. Students short presentations on possible health impact of selected food components

Termin	Dzień tygodnia	Godzina	Miejsce
31.01.2022	Poniedziałek	12.15 – 15.00	Sala 222 Chemia A
01.02.2022	Wtorek	12.15 – 15.00	Sala 222 Chemia A
02.02.2022	Środa	12.15 – 15.00	Sala 222 Chemia A
03.02.2022	Czwartek	12.15 – 15.00	Sala 222 Chemia A
04.02.2022	Piątek	12.15 – 15.00	Sala 222 Chemia A