Jan Amos Komeński
STATE UNIVERSITY
OF APPLIED SCIENCES
in Leszno

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Course syllabus for Erasmus+ incoming students

Course Title	
Food Senses and Health Sensory Science, Appetite and the Meal Experience	
Academic Teacher	Adam M. Adamek, DrSc, MPH
E-mail	adam.adamek@ansleszno.pl
ECTS credits	5
Number of hours	120 h total | 30 contact + 90 self-study
Course code	INT-IZKFP-FSHSS-26
Course description	
First-cycle level; teaching language English B2. The course asks a practical question: what makes a person want to eat a meal? Students examine taste, smell, texture, appearance, expectations and the surrounding environment. They run an introductory sensory or consumer study and use the findings to improve a product or meal service. The course also considers how age and health affect perception and appetite. Prerequisites: English B2 and willingness to work with simple data. Tasting is voluntary; an equivalent non-tasting role is available.	
Learning outcomes and course content	
LO1 Explains taste, smell, texture perception and contextual influences. LO2 Distinguishes analytical tests, preference tests and consumer acceptance. LO3 Designs a simple test with a question, sample, coding and order control. LO4 Uses a hedonic scale, ranking or CATA exercise and interprets results descriptively. LO5 Proposes a product or service change justified by findings and test limitations. LO6 Respects voluntary participation, food safety and allergens and explains the findings in their study context.	

Course content: Why we choose particular foods; Taste, smell and trigeminal perception; Texture and mouthfeel; Sensory evaluation fundamentals; Liking, preference and choice; Senses, age and health; Meals in hospital and care settings; Designing a simple study; Mini Sensory Lab; Food Experience Challenge.
Student workload and self-study description
Contact teaching 30 h; Reading 15 h; Study-design preparation 15 h; Data and report work 25 h; Innovation project 25 h; Assessment preparation 10 h. Assessment: Mini-lab execution 30%; Individual research report 25%; Product or service redesign 30%; Quiz 15%.
Literature
Lawless H T and Heymann H Sensory Evaluation of Food 2nd edition 2010 https://doi.org/10.1007/978-1-4419-6488-5 Poor Taste and Smell Are Associated with Poor Appetite Macronutrient Intake and Dietary Quality but Not with Undernutrition in Older Adults https://pubmed.ncbi.nlm.nih.gov/33561272/ ESPEN practical guideline Clinical nutrition and hydration in geriatrics 2022 https://pubmed.ncbi.nlm.nih.gov/35306388/