

# BIP Erasmus Programme

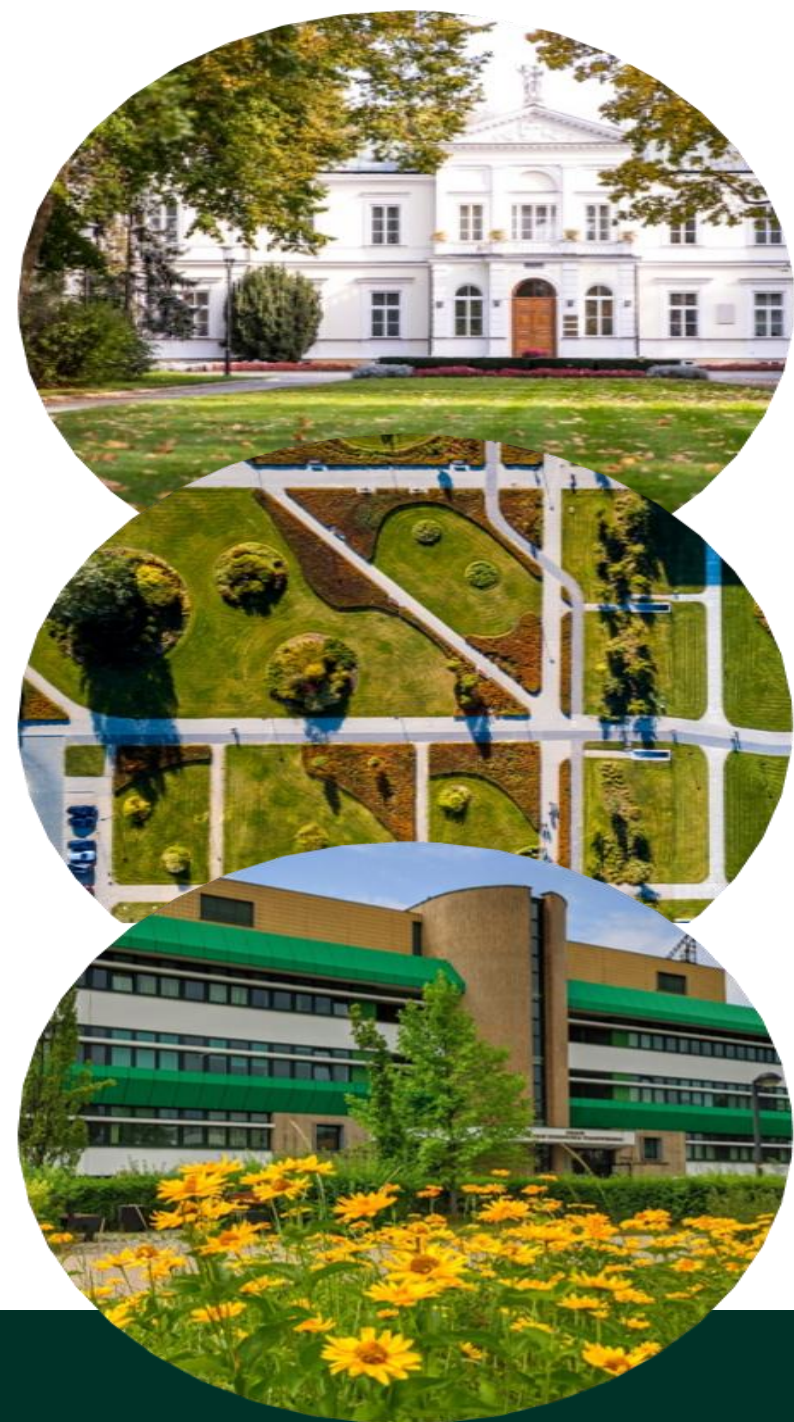
**Topic: Personalized and Sustainable Gluten-Free Diet  
– Health Benefits and Risks**

**Course title: Nutrition and dietetics**

**Date: 6—10 July 2026**

**Place: Warsaw University of Life Science (WULS), Faculty of Human Nutrition, Warsaw, Poland**

**more about WULS: <https://www.youtube.com/watch?v=2iMiG6BRmF4>**



# Description:

Students will increase their knowledge of:

⇒ the scientific, technological, and practical aspects of gluten-free diet in the context of personalized dietary needs and sustainability principles

Students will increase their skills in:

- ⇒ planning sustainable gluten-free menu according to the dietary guidelines
- ⇒ assessing the nutritional value of planned gluten-free meals
- ⇒ cooking of planned gluten-free meals
- ⇒ assessing the impact of planned gluten-free menu on environment

Students will increase their competencies in:

- ⇒ using library and/or web-based data for research, analysis and educational purposes
- ⇒ working in international groups
- ⇒ effective communication in English





# Programme highlights

## Lectures on:

Personalized nutrition and gluten-free diets  
Health benefits and risks of gluten exclusion  
Sustainable food systems and responsible consumption  
Sensory analysis in product development

**Cooking labs:** from recipe design to sensory testing

**Team workshops:** product development, innovation, and sustainability assessment

**Expert sensory panel** and final presentations



**Join us in July 2026 in Warsaw!**

**The programme is open to Bachelor's and Master's students.**

Learn how to combine **personalized nutrition, sustainability, and science** — and enjoy your week in Warsaw!

Contact the BIP coordinators for more details:

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