

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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