

dr inż.
Anna
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Type of tutoring:

scientific and developmental

Language of tutoring:

Polish, English

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I am a research and teaching associate in the Department of Food Chemistry and Biocatalysis at the Faculty of Biotechnology and Food Science. Privately, I love to relax in the garden where, despite the lack of space, I keep planting new plants or reading novels (most preferably crime and romance novels). At work, I teach chemistry to first-year students (usually not their favourite class), and deal with the nutritional and sensory properties of edible insects. Introducing them into our diet is beneficial for ecological, economic, and nutritional reasons. We need alternative food sources to meet the growing demand. But can insects become a traditional food? Despite the many advantages of entomophagy, you will not find insects on the shelves of grocery stores or in restaurants. In our culture, eating insects is seen as the food of the future or as an exotic culinary feature of distant travel.

Using tutoring as a form of getting to know the student better and taking an individual approach to his development, together with a person who is open to new culinary possibilities, I would like to analyse what we can do and what obstacles we can overcome to introduce insects into our diet, and is it worth going in this direction.