

Syllabus

Course description

Course title	Applied Human Nutrition
Course code	44727
Scientific sector	MED/49
Degree	Master in Food Sciences for Innovation and Authenticity
Semester	1 st
Year	II
Academic year	2021/22
Credits	6
Modular	No

Total lecturing hours	60
Total exercise hours	0
Attendance	
Prerequisites	
Course page	

Specific educational objectives	<p>The course is "affine" and falls within the MED/49 (Human Nutrition) area. It is part of the 2nd Year - Path "Nutrition Sciences" (at University of Parma)</p> <p>The course will prepare the students to the most recent approaches in human nutrition, by making them competent, in particular, about:</p> <ul style="list-style-type: none"> - Human nutrition research basis. - Basics of personalized nutrition. - Basics of public health nutrition. - Food labelling - Nutrition and health claims
--	---

Lecturer	Del Rio Daniele
-----------------	-----------------

Learning outcomes	<p>Knowledge and understanding:</p> <ul style="list-style-type: none"> • The skills to interpret the role of nutrition in health and wellbeing, including the framework of special conditions. • The skills to conceive and evaluate nutrition studies. • The skills to analyse and evaluate nutrition scientific data. • The skills to understand and apply the legislation linked to food labelling and nutritional and health claims made on foods. • The skills to understand and apply the concepts of personalized nutrition and inter-individual variability in response to the diet.
--------------------------	---

	<ul style="list-style-type: none"> • The skills to understand the issues of public health nutrition, including the factors that link human nutrition to the concept sustainability and including nutrition education at population level. <p>Knowledge and understanding applied</p> <ul style="list-style-type: none"> • Apply the acquired knowledge in the framework of applied human nutrition and of nutrition research. <p>Judgment autonomy</p> <ul style="list-style-type: none"> • Autonomously evaluate a nutrition strategy. • Autonomously evaluate the validity of nutrition research. • Autonomously evaluate a nutrition strategy in the framework of public health. <p>Communication skills</p> <ul style="list-style-type: none"> • Have the ability to synthesize information and communicate it effectively to specialist and non-specialist interlocutors. <p>Learning skills</p> <ul style="list-style-type: none"> • Develop skills and methodology that allow one to study in a highly autonomous way.
<p>Assessment</p>	<p>Indicate the types of assessment (according to the table) and check the coherence with the Dublin descriptors</p> <p>Examples:</p> <ul style="list-style-type: none"> • Written and project work: written exam with review questions and written project report done in groups • Written and oral: written exam with examples, written exam to test knowledge application skills and oral exam with review questions • Written and lab: written exam with review questions, conducting experiments and evaluating results • Oral and lab: oral exam with review questions, oral exam to test knowledge application skills, evaluation of results • ...
<p>Assessment language</p>	<p>English</p>
<p>Evaluation criteria and criteria for awarding marks</p>	<p>Oral examination, Scale of assessment: 0-30</p> <p>Evaluation criteria:</p> <ol style="list-style-type: none"> 1) Acquired knowledge 2) Ability to apply the acquired knowledge and to make connections between the covered topics. 3) capacity to communicate concepts through the use of the specific language of the discipline.

	<ul style="list-style-type: none"> • A case study work and presentation on a topic linked to the course) up to 5 additional points).
Required readings	The notes taken during the lectures and the teaching material provided by the lecturer. Scientific papers provided by the lecturer.
Supplementary readings	Lovegrove J et al. "Nutrition Research Methodologies" (Nutrition Society) Simon Langley-Evans "Nutrition: A Lifespan Approach" (Wiley) Krause's Food & the Nutrition Care Process (Elsevier)