

## Syllabus

### Course description

<b>Course title</b>	Applied Human Nutrition
<b>Course code</b>	44727
<b>Scientific sector</b>	MED/49
<b>Degree</b>	Master in Food Sciences for Innovation and Authenticity
<b>Semester</b>	1 <sup>st</sup>
<b>Year</b>	II
<b>Academic year</b>	2022/23
<b>Credits</b>	6
<b>Modular</b>	No

<b>Total lecturing hours</b>	60
<b>Total exercise hours</b>	0
<b>Attendance</b>	
<b>Prerequisites</b>	
<b>Course page</b>	

<b>Specific educational objectives</b>	<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"> <li>- Human nutrition research basis.</li> <li>- Basics of personalized nutrition.</li> <li>- Basics of public health nutrition.</li> <li>- Food labelling</li> <li>- Nutrition and health claims</li> </ul>
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<b>Lecturer</b>	Del Rio Daniele
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<b>Learning outcomes</b>	<p>Knowledge and understanding:</p> <ul style="list-style-type: none"> <li>• The skills to interpret the role of nutrition in health and wellbeing, including the framework of special conditions.</li> <li>• The skills to conceive and evaluate nutrition studies.</li> <li>• The skills to analyse and evaluate nutrition scientific data.</li> <li>• The skills to understand and apply the legislation linked to food labelling and nutritional and health claims made on foods.</li> <li>• The skills to understand and apply the concepts of personalized nutrition and inter-individual variability in response to the diet.</li> </ul>
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	<ul style="list-style-type: none"> <li>• 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.</li> </ul> <p>Knowledge and understanding applied</p> <ul style="list-style-type: none"> <li>• Apply the acquired knowledge in the framework of applied human nutrition and of nutrition research.</li> </ul> <p>Judgment autonomy</p> <ul style="list-style-type: none"> <li>• Autonomously evaluate a nutrition strategy.</li> <li>• Autonomously evaluate the validity of nutrition research.</li> <li>• Autonomously evaluate a nutrition strategy in the framework of public health.</li> </ul> <p>Communication skills</p> <ul style="list-style-type: none"> <li>• Have the ability to synthesize information and communicate it effectively to specialist and non-specialist interlocutors.</li> </ul> <p>Learning skills</p> <ul style="list-style-type: none"> <li>• Develop skills and methodology that allow one to study in a highly autonomous way.</li> </ul>
<p><b>Assessment</b></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"> <li>• Written and project work: written exam with review questions and written project report done in groups</li> <li>• Written and oral: written exam with examples, written exam to test knowledge application skills and oral exam with review questions</li> <li>• Written and lab: written exam with review questions, conducting experiments and evaluating results</li> <li>• Oral and lab: oral exam with review questions, oral exam to test knowledge application skills, evaluation of results</li> <li>• ...</li> </ul>
<p><b>Assessment language</b></p>	<p>English</p>
<p><b>Evaluation criteria and criteria for awarding marks</b></p>	<p>Oral examination, Scale of assessment: 0-30</p> <p>Evaluation criteria:</p> <ol style="list-style-type: none"> <li>1) Acquired knowledge</li> <li>2) Ability to apply the acquired knowledge and to make connections between the covered topics.</li> <li>3) capacity to communicate concepts through the use of the specific language of the discipline.</li> </ol>

	<ul style="list-style-type: none"> <li>• A case study work and presentation on a topic linked to the course) up to 5 additional points).</li> </ul>
<b>Required readings</b>	The notes taken during the lectures and the teaching material provided by the lecturer. Scientific papers provided by the lecturer.
<b>Supplementary readings</b>	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)