

COURSE LAYOUT

1. GENERAL

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| SCHOOL | School of Food and Nutritional Sciences | | |
| DEPARTMENT | Department of Food Science & Human Nutrition | | |
| STUDY LEVEL | Undergraduate | | |
| COURSE CODE | 256 | SEMESTER | 9th |
| COURSE TITLE | Nutritional Education | | |
| INDEPENDENT TEACHING ACTIVITIES | | WEEKLY TEACHING HOURS | ECTS |
| Course: Theory (2 hours) | | 2 | 2 |
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| COURSE TYPE (Foundation course, General knowledge, Scientific area, Developing skills) | Foundation course | | |
| PREREQUISITES | Introduction to Food Science and Human Nutrition Nutritional Epidemiology and Public Health | | |
| LANGUAGE | Greek | | |
| IS THE COURSE OFFERED for ERASMUS STUDENTS? | YES | | |
| COURSE WEB PAGE | | | |

2. LEARNING OUTCOMES

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| Learning Outcomes |
| <p>This is a basic introductory course in Nutritional Education and in the design of relevant community programs.</p> <p>The course aims at introducing students in basic concepts of nutritional education and in unification of research, theory, and nutritional practice in different population groups/communities for health improvement.</p> <p>After completion of the course the student will be able to:</p> <ul style="list-style-type: none"> • Design interventions, programs and health strategies for individuals, groups of people and organizations aiming at health improvement. • Implement methods regarding assessment of the needs, design, management, integration, and assessment of programs for dietary behavior change and health promotion. • Implement the existent theory regarding dietary behavior change and health promotion in community interventions. • Propose interventions aiming at specific dietary problems in the community, including a financial estimate. • Perceive the interrelation of policies and legislation in nutritional education. |
| General Competences |
| Data analysis-synthesis, information mining. Application of relevant technologies Adapting new situations |

Individual work
 Teamwork
 Production of new scientific ideas
 Respect to diversity and multicultural differences
 Social, professional, and moral responsibility and sensitivity in sex issues
 Promotion of creative and inductive thinking

3. COURSE CONTENT

THEORY

1. Basic concepts of Nutritional Education
2. Increase awareness and facilitation of change.
3. Promotion of environmental support
4. Goal design
5. Design of nutritional education programs
6. Assessment
7. The role of mass media in nutritional education
8. Working with different groups of people
9. The role of health professionals

4. TEACHING and LEARNING METHODS - Evaluation

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| TEACHING METHOD | Face to face (theory) with practical case studies |
| USE OF INFORMATICS and COMMUNICATION TECHNOLOGIES | Power point presentations in lectures Use of <i>e-class</i> platform |

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| TEACHING ORGANISATION (Lectures, individual or group assignments, field trips, individual study et.c.) | Activities | Workload per semester |
| | Lectures | 25 |
| | Individual assignment | 25 |
| | Total contact hours and training | 50 |
| | STUDENTS EVALUATION | Team-work assignment (100%) including written essay and oral presentation |

5. LITERATURE

Books:

- Contento I. Διατροφική Αγωγή (Μετάφραση), Broken Hill, 2018