

COURSE OUTLINE

1. GENERAL

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)		3	3
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

Learning Outcomes
This is a basic introductory course in Nutritional Education and in the design of relevant community programs. 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. After completion of the course the student will be able to: 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 behaviour change and health promotion. Implement the existent theory regarding dietary behaviour 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

3. SYLLABUS

- **THEORY**
- Basic concepts of Nutritional Education
- Increase awareness and facilitation of change.
- Promotion of environmental support
- Goal design
- Design of nutritional education programs
- Assessment
- The role of mass media in nutritional education
- Working with different groups of people
- The role of health professionals

4. TEACHING and LEARNING METHODS - Evaluation

TEACHING METHOD	Face to face (theory) with practical case studies	
USE OF INFORMATICS and COMMUNICATION TECHNOLOGIES	Power point presentations in lectures Use of e-class platform	
TEACHING ORGANISATION (Lectures, individual or group assignments, field trips, individual study etc.)	Activities	Workload per semester
	Lectures	50
	Individual assignment	25
	Total contact hours and training	75
STUDENTS EVALUATION	Team-work assignment (100%) including written essay and oral presentation	

LITERATURE

Books:

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