

COURSE CURRICULUM

1. GENERAL INFORMATION

SCHOOL	ANIMAL BIOSCIENCES		
TEACHING DEPARTMENT	ANIMAL SCIENCE (DAS)		
STUDY LEVEL	UNDERGRADUATE – ELECTIVE		
COURSE CODE	7	SEMESTER	9th
DEPARTMENT TO WHICH IS OFFERED:	DAS		
COURSE TITLE	PRINCIPLES OF HUMAN NUTRITION		
INDEPENDENT TEACHING ACTIVITIES <i>In case ECTS are awarded for distinct parts of the course e.g. Theory Lectures, Laboratory Practicals etc. If ECTS are awarded uniformly for the entire course, give the weekly teaching hours and total ECTS.</i>		WEEKLY TEACHING HOURS	ECTS
Theory Lectures		2	2
TOTAL		2	2
<i>Add lines if necessary. Teaching and Learning methods should be described in detail in section 4.</i>			
COURSE TYPE <i>Background, Basic knowledge, Field of Science, Skill development</i>	Field of Science		
PREREQUISITES	Biochemistry, Nutritional Physiology		
LANGUAGE	Greek		
IS THE COURSE OFFERED to ERASMUS STUDENTS?	NO		
COURSE WEB PAGE (URL)	https://oeclass.aua.gr/eclass/courses/EZPY204/		
INSTRUCTOR(S):	K. Mountzouris, I. Politis		

2. LEARNING OUTCOMES

Learning outcomes

Describe the learning outcomes of the course, the specific knowledge, skills and competences of an appropriate level that students will acquire after successfully completing the course.

Refer to Appendix A.

- *Description of the level of learning outcomes for each course of study in line with the European Higher Education Area Qualifications Framework*
- *Descriptive Indicators of Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning*
- *and Annex B*
- *Learning outcomes Writing Guide*

Upon successful completion of the course students will:

- understand the important role of nutrition for good human health
- understand how human needs for energy and nutrients are formed at all stages of life.
- understand how the nutritional value of food groups relates to current dietary recommendations and food-level guidelines in the context of the Mediterranean diet.
- understand the role of food processing in safety and their nutritional value
- analyze and evaluate a person's diet and be able to suggest changes and improvements in order to be in line with current dietary recommendations
- learn to search for information using scientific search methods and course-related websites to analyze and evaluate available information.

General competencies

Considering the general competencies that the graduate (as reported in the Diploma Supplement and listed below) must have acquired, describe in which one(s) the course is intended.

<i>Search, analyze and synthesize data and information, using the necessary technologies</i> <i>Adapt to new situations</i> <i>Decision making</i> <i>Autonomous work</i> <i>Teamwork</i> <i>Work in an international environment</i> <i>Work in an interdisciplinary environment</i> <i>Production of new research ideas</i>	<i>Project design and management</i> <i>Respect for diversity and multiculturalism</i> <i>Respect for the natural environment</i> <i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i> <i>Exercise of criticism and self-criticism</i> <i>Promotion of free, creative and inductive thinking</i>
<ul style="list-style-type: none"> • Search, analysis and synthesis of data and information, using the necessary technologies • Decision making • Autonomous work • Teamwork • Demonstration of social, professional, and ethical responsibility • Work in an interdisciplinary environment 	

3. COURSE CONTENT

Relationship between nutrition and human health <ul style="list-style-type: none"> • Nutrients, digestion – metabolism • Nutritional value of food groups • Energy requirements • Protein requirements • Carbohydrates requirements • Fat requirements • Nutritional value of milk and milk products • Effect of processing on the nutritional value of foods • Nutrition in human life stages (pregnancy, lactation, infancy, school age, adolescence, adulthood and old age) • Examples of diet analysis - composition
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4. TEACHING and LEARNING METHODS - EVALUATION

TEACHING METHOD <i>Face to face in classroom, Distance Learning, etc.</i>	In the classroom and remotely through specialized video conferencing tools (e.g. OpenClass & MS teams)	
USE OF INFORMATICS and COMMUNICATION TECHNOLOGIES <i>Use of ICT in Teaching, Laboratory Practicals, Communication with Students etc.</i>	Use of Computers and internet PowerPoint presentations, specialized diet analysis software. Learning process support through the open e-class electronic platform.	
TEACHING ORGANIZATION <i>Describe in detail the methods of teaching: Lectures, Seminars, Laboratory Practicals, Field Exercise, Study and Analysis of Bibliography, Tutorial, Practice (Placement), Clinical Exercise, Art Workshop, Interactive Teaching, Educational Visits, Project Work, Authoring, Artistic creation etc.</i> <i>The student's study hours for each learning activity and hours of non-guided study are indicated so that the total workload at the semester corresponds to the ECTS</i>	Activity	Work load (h) per semester
	Lectures in theory	26
	Literature study	12
	Individual study of students on diet formulation	12
	Total work load (25 h work load per ECTS)	50
STUDENTS' EVALUATION <i>Description of the evaluation process</i>	Theoretical part: Optional attendance of Lectures by students (work in progress, etc.)	

<p><i>Assessment Language, Assessment Methods, Formulation or Conclusion, Multiple Choice Test, Short Response Questions, Test Questions, Problem Solving, Written Work, Reporting, Oral Examination, Public Presentation, Laboratory Work, Clinical Patient Examination, Artistic Interpretation, Other</i></p> <p><i>Identify certain evaluation criteria and state if and where they are accessible by the students.</i></p>	<p>Final written exam (100%) including: Development and multiple choice and true/false questions.</p> <p>III. The evaluation language is Greek.</p> <p>IV. The evaluation criteria are communicated to the students.</p> <p>V. The final grade results from the scores in the theory (100%)</p>
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5. BIBLIOGRAPHY

Suggested Bibliography:

(A) Printed Related Scientific Journals – Publications

- Eastwood M (1997). Principles of Human Nutrition. Chapman & Hall
- Frayn KN (1996). Frontiers in metabolism – Metabolic regulation. A human perspective. Portland Press
- Garrow JS, James WPT and Ralph A (2000). Human nutrition and dietetics, 10th edition. Edinburgh: Churchill Livingstone
- Gibney MJ, Vorster HH & Kok FJ (2002). Introduction to human nutrition. The Nutrition Society: Blackwell science
- Ζαμπέλας Α (2004) Διατροφή στα στάδια της ζωής, Ιατρικές Εκδόσεις Πασχαλίδη, GREEK
- Ζερφυρίδης ΓΚ (1998) Διατροφή του Ανθρώπου, Εκδόσεις Βιβλίων Γιαχούδη, GREEK

(B) Relevant Scientific Journals

- Journal of Nutrition
- Nutrition Journal
- British Journal of Nutrition
- European Journal of Nutrition
- The American journal of clinical nutrition

(C) Digital Educational Material (open e-class)

<https://oeclass.aua.gr/eclass/modules/document/?course=EZPY204>

- Μουντζούρης Κ 2020 Διατροφή Ενηλίκων_new20.pdf - GREEK
- Μουντζούρης Κ 2020 Διατροφή στα στάδια της Ζωής 2020.pdf - GREEK
- Μουντζούρης Κ 2020 Εισαγωγή στη Διατροφή του Ανθρώπου_new20.pdf - GREEK
- Μουντζούρης Κ 2020 Θρεπτική αξία των τροφίμων – Ομάδες τροφίμων.pdf - GREEK
- Πολίτης Ι Η Μοναδικότητα του Γάλακτος και των Γαλακτοκομικών Προϊόντων στη Διατροφή του Ανθρώπου - GREEK

(D) Recommended Textbooks (EUDOXOS):

- Ζερφυρίδης ΓΚ (1998) Διατροφή του Ανθρώπου, Εκδόσεις Βιβλίων Γιαχούδη - GREEK