

## SYLLABUS

### 1. COURSE DESCRIPTION

<b>Degree:</b>	<b>Nutrition and Dietetics</b>
<b>Course:</b>	<b>Nutrition Education</b>
<b>Module:</b>	<b>Public Health and Community Nutrition</b>
<b>Department:</b>	<b>Molecular Biology and Biochemical Engineering</b>
<b>Academic Year:</b>	<b>2017-18</b>
<b>Term:</b>	<b>Second</b>
<b>ECTS credits:</b>	<b>6</b>
<b>Year:</b>	<b>2<sup>nd</sup> year</b>
<b>Type:</b>	<b>Compulsory</b>
<b>Language:</b>	<b>Spanish</b>

<b>Course Model:</b>	<b>C1</b>	
<b>a. Basic learning (EB):</b>		<b>50 %</b>
<b>b. Practical learning (EPD):</b>		<b>50 %</b>

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### 2. LECTURERS

#### 2.1. Coordinator: Eva M<sup>a</sup> Valero Blanco

#### 2.2. Lecturers:

<b>Name:</b>	Eva M <sup>a</sup> Valero Blanco
<b>School:</b>	School of Experimental Sciences
<b>Department:</b>	Molecular Biology and Biochemical Engineering
<b>Area:</b>	Nutrition and Bromatology
<b>Office Hours:</b>	Mondays: 9.30-12.30 and Wednesdays: 15.00-18.00 (please, previous appointment through e-mail)
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<b>Name:</b>	Javier Sánchez Perona
<b>School:</b>	School of Experimental Sciences
<b>Department:</b>	Molecular Biology and Biochemical Engineering
<b>Area:</b>	Nutrition and Bromatology
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### 3. TOPICS

#### BASIC LEARNING (EB):

##### **1. GENERAL ASPECTS.**

UNIT 1. Introduction. Historical background of prevention and healthy habits promotion.

UNIT 2. Health and nutrition education.

##### **2. ALIMENTARY BEHAVIOUR.**

UNIT 3. Alimentary behaviour.

UNIT 4. Modification of the alimentary behaviour.

##### **3. NUTRITIONAL INTERVENTION AND NUTRITIONAL POLICIES.**

UNIT 5. Design of a nutritional education program.

UNIT 6. Food surveys. Consumption evaluation systems food

UNIT 7. Food guides.

UNIT 8. Nutrition education in different groups.

UNIT 9. Nutritional policies.

UNIT 10. Nutritional objectives for the Spanish population.

#### PRACTICAL LEARNING (EPD):

The practical sessions will consist of projects and activities related to the theoretical content developed during the course. In addition to this, the students have to give a presentation and pass the practical learning, so they can pass the course.