



Course Code NUTR-110	Course Title Intro to Human Nutrition and Health	ECTS 6
Department Life & Health Science	Semester Fall	Prerequisites None
Type of Course Required	Field Nutrition	Language of Instruction English/Greek
Level of Course 1 st Cycle	Year of Study 1 st	Lecturer Eleni Andreou
Mode of Delivery Face-to-face	Work Placement N/A	Co-requisites None

Objectives of the Course:

The main Objectives of the Course are to:

- The course will focus on normal human nutrition and the role of nutrition in promoting and maintaining health. The course introduces to the student the basic principles and applications of nutrition and examines the relationship between nutrition and the human body in health and in illness. The concepts of food composition and food safety are also presented.

Learning Outcomes:

After completion of the course students are expected to be able to:

1. Understand the basis of the scientific concepts in the field of nutrition
2. Understand the dynamic nature of nutrition science
3. Describe the role of food in the promotion of health
4. Differentiate facts from fallacy regarding nutrition and a healthy diet
5. Understand that eating is an emotional, physical spiritual and social experience
6. Understand the importance of nutrition in lifestyle decisions
7. Understand the role of the immune system and nutrition
8. Develop the fundamentals for nutrition science

Course Contents:

1. Nutrition and healthy eating; characteristics of a healthy diet, body composition.
2. Nutrition and Health (physical, spiritual, social, emotional well-being; eating disorders)
3. Elements of a healthy diet (protein, fats, CHO and fiber)
4. Elements of a healthy diet (Vitamins, minerals and water)
5. Nutritional Assessment; Nutrition and the Lifestyle
6. Nutrition and the Immune system; Nutrition and illness
7. Dietary guidelines and Healthy Diet plans; the Food Guide Pyramid

8. Measuring food intake (RNI, DRI, EAR, RDA, AI, UL)
9. The Cyprus Government approach to nutrient requirements
10. Fad diets; Functional foods and supplements; Food policy and regulatory issues
11. Nutrition research methodology
12. Food safety: a public health issue of growing importance
13. Food and nutrition: the global challenge.

Teaching Methods:

Lectures, Class discussion, Assignments, Review Questions, Handouts

Assessment Methods:

Final Examination (1)	50%
Mid-Term (1)	25%
Project	15%
Oral Presentation	5%
Attendance/Participation	5%

Required Textbooks:

Authors	Title	Publisher	Year	ISBN
Michael J Gibney Susan A Lanham- New Aedin Cassidy Hester H Vorster	The Nutrition Society Textbook Series: Introduction to Human Nutrition (2 nd Edition)	Wiley- Blackwell A John Wiley & Sons Ltd	2009	978-1-4051-6807-6

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Ελένη Π. Ανδρέου	Υγιεινές Συνταγές και Αρχές για μια Υγιεινή Διατροφή	Ι.Γ. ΚΑΣΟΥΛΙΔΗΣ &ΥΙΟΣ ΛΤΔ	1996	9963 8194-0-0
Δέσποινα Αβραάμ Θάλεια Αβραάμ	Η σωστή διαίτα στη σύγχρονη κοινωνία	Καΐλας	2009	9963-7541-0-4
«Διατροφή για προαγωγή της υγείας και πρόληψη των χρόνιων ασθενειών»	Αντώνης Γ. Καφάτος,	ΤΥΠΟΚΡΕΤΑ ΑΒΕ	2007	
«Υγεία και διατροφή κατά την περίοδο της εγκυμοσύνης»,	Αντώνης Γ. Καφάτος	ΤΥΠΟΚΡΕΤΑ ΑΒΕ	2007	
«Υγιεινή διατροφή για άσκηση και αθλητισμό με ιδιαίτερη έμφαση	Ελένη Ανδρέου Γιωργάκη & Χριστιάνα Φιλίππου Χαριδήςμου	LNK Global Print	2008	ISBN: 978-9963-8446-1-6

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