



Course Code NUTR-100	Course Title Introduction to Human Nutrition	ECTS Credits 5
Prerequisites NURS-104	Department Life & Health Sciences	Semester Fall
Type of Course Required	Field Nutrition	Language of Instruction English
Level of Course 1 st Cycle	Lecturer(s) Eleni Andreou	Year of Study 2 nd
Mode of Delivery Face-to-face	Work Placement None	Co-requisites None

Objectives of the Course:

The main objectives of the course are to:

- 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:

- Understand the basis of the scientific concepts in the field of nutrition
- Understand the dynamic nature of nutrition science
- Describe the role of food in the promotion of health
- Differentiate facts from fallacy regarding nutrition and a healthy diet
- Understand that eating is an emotional, physical spiritual and social experience
- Understand the importance of nutrition in lifestyle decisions
- Understand the role of the immune system and nutrition
- Relate Nutrition to Nursing Profession

Course Contents:

- Nutrition and healthy eating; characteristics of a healthy diet, body composition.
- Nutrition and Health (physical, spiritual, social, emotional well-being; eating disorders)
- Elements of a healthy diet (protein, fats, CHO and fiber)
- Elements of a healthy diet (Vitamins, minerals and water)

- Nutritional Assessment; Nutrition and the Lifestyle
- Nutrition and the Immune system; Nutrition and illness
- Dietary guidelines and Healthy Diet plans; the Food Guide Pyramid
- Measuring food intake (RNI, DRI, EAR, RDA, AI, UL)
- The Cyprus Government approach to nutrient requirements
- Fad diets; Functional foods and supplements; Food policy and regulatory issues
- Nutrition research methodology
- Food safety: a public health issue of growing importance
- Food and nutrition: the global challenge.

Learning Activities and Teaching Methods:

Lectures, Class discussion, Assignments, Review Questions, Handouts

Assessment Methods:

Laboratory Practical Sessions, Tests, Final Examination

Required Textbooks / Reading:

Title	Author(s)	Publisher	Year	ISBN
The Nutrition Society Textbook Series: Introduction to Human Nutrition (2 nd Edition)	Michael J Gibney Susan A Lanham-New Aedin Cassidy Hester H Vorster	Wiley-Blackwell A John Wiley & Sons Ltd	2009	9781405168076

Recommended Textbooks / Reading:

Title	Author(s)	Publisher	Year	ISBN
Υγιεινές Συνταγές και Αρχές για μια Υγιεινή Διατροφή	Ελένη Π. Ανδρέου	Ι.Γ. ΚΑΣΟΥΛΙΔΗΣ & ΥΙΟΣ ΛΤΔ	1996	9963819400
Η σωστή διαίτα στη σύγχρονη κοινωνία	Δέσποινα Αβραάμ Θάλεια Αβραάμ	Καΐλας	2009	9963754104
Αντώνης Γ. Καφάτος,	«Διατροφή για προαγωγή της υγείας και πρόληψη των χρόνιων ασθενειών»	ΤΥΠΟΚΡΕΤΑ ABE	2007	
Αντώνης Γ. Καφάτος	«Υγεία και διατροφή κατά την περίοδο της	ΤΥΠΟΚΡΕΤΑ ABE	2007	

	εγκυμοσύνης»,			
Ελένη Ανδρέου Γιωργάκη & Χριστιάνα Φιλίππου Χαριδήμου	«Υγιεινή διατροφή για άσκηση και αθλητισμό με ιδιαίτερη έμφαση στο παιδί και στον έφηβο»	LNK Global Print	2008	9789963844616