



UNIVERSITY OF NICOSIA

ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

University of Nicosia, Cyprus

Course Code NUTR 460	Course Title Contemporary Issues in Food and Nutrition	ECTS Credits 6
Department Life and Health Sciences	Semester Fall/Spring	Prerequisites Nutr 110
Type of Course Required	Field Nutrition	Language of Instruction English
Level of Course 1 st Cycle	Year of Study 4 th	Lecturer Elena Philippou
Mode of Delivery face-to-face	Work Placement N/A	Co-requisites None

Objectives of the Course:

- To introduce the students to ideas on the causes, nature and effect of a number of current food and nutrition issues.
- To introduce students to the role of influential factors, including interaction of biological, lifestyle and sociocultural aspects of human eating habits.
- To discuss the effect of fast food, the Mediterranean diet, alcohol and obesity on health.
- To appreciate the effect of advertising and culture on food intake.
- To discuss what is genetically modified food and how it may be beneficial and harmful to the health and the environment and the reasons why people are skeptical to consume it.
- To make students aware of certain terms such as prebiotics, probiotics and functional foods and to be familiar with their uses.
- To be able to discuss the effects of certain foods and food additives on mood and behavior.
- To prepare a presentation on certain nutrition issues that affect the general population or a portion of the population on an everyday basis.

Learning Outcomes:

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

1. Explain why fast foods are so popular and generally of low nutritional quality.
2. Differentiate and discuss the effect of factors such as family, culture, religion and advertising on nutritional choices and food habits.
3. Be familiar with the causes, consequences and major ways of treating obesity.

4. Describe the Mediterranean diet and its nutritional merits.
5. Recall the pros and cons of genetically modified foods.
6. Evaluate the nutritional merits of some Cypriot foods and be familiar with obesity in Cyprus.
7. List and differentiate examples of pro- and prebiotics and functional foods and discuss their benefits.
8. Discuss the beneficial and harmful effects of alcohol on health.
9. Discuss ways that food affects behavior in certain population groups

Course Contents:

1. Fast foods
2. Culture, society, contemporary family and food habits
3. Advertising and food habits
4. Obesity
5. The Mediterranean diet and the Cyprus cuisine
6. Genetically modified foods: prospects and problems
7. Probiotics, prebiotics
8. Functional foods
9. Alcohol use and abuse
10. Effects of food on behaviour

Learning Activities and Teaching Methods:

Lectures; Cooperative learning activities, Discussions; Presentations by student.

Assessment Methods:

Short Assignments, Student presentations or essays, Tests and Mid-term Exam; Final Exam

Required Textbooks/Reading: Due to the contemporary nature of the course, no textbook is required but students will be provided with readings depending on the topic.

