



Course Syllabus

Course Code	Course Title	ECTS Credits
NUTR-470	Food and Nutrition Policy	6
Prerequisites	Department	Semester
None	Life & Health Science	Fall/Spring
Type of Course	Field	Language of Instruction
Core requirement	Nutrition/Dietetics	English/Greek
Level of Course	Lecturer(s)	Year of Study
1 st Cycle	Dr Elena Philippou	4 th
Mode of Delivery	Work Placement	Corequisites
Face-to-face	N/A	None

Course Objectives:

The main objectives of the course are to:

- Familiarize and engage the student in the steps and dynamics of policy making processes that address nutrition problems and issues.
- The course addresses nutrition and food policy as a specific set of decisions which address a nutrition or food problem or set of problems that require related actions, established by a government and often supported by special legislation,
- It describes the stakeholders involved in the implementation of solutions and discusses how a policy is evaluated and what impact is expected.

Learning Outcomes:

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

1. Identify food and nutrition problems amenable to policy intervention;
2. Define criteria of effective food or nutrition policies;
3. Critique a specific food and/or nutrition policy with respect to its evidence-base, adequacy of implementation, nutritional impact and forces which hinder or help the implementation of the specific policy.

Course Content:

1. Introduction to the wider issues of nutrition
2. Agriculture in Economic Development
3. Nutritional context for policy development
4. Political economy of food and nutrition policy
5. Economic context for policy development
6. Cultural context for policy development
7. Processes and interaction of stakeholders which lead to policy decisions,
8. The translation of policies into feasible programs,
9. Evaluation of nutritional and food demands
10. Assessment of the forces which hinder or help the implementation of the policy (the politics of food price)
11. Assessment of the forces which hinder or help the implementation of the policy (the politics of food aid policy)
12. Causes and prevention of famine
13. Examples of country policies

Learning Activities and Teaching Methods:

Lectures, Class discussion, Assignments, Review Questions, Handouts

Assessment Methods:

Assignments, Mid-term Exam; Final Exam

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Practical Public Health Nutrition	Hughes, Roger and Barrie Margetts	Wiley-Blackwell	2010	*Διαθέσιμο Ηλεκτρονικά Πατήστε εδώ
Διατροφή και Δημόσια Υγεία	M. GIBNEY, B. MARGETTS, J. KEARNEY, L. ARAB E. Πολυχρονόπουλος Ι. Μανιός , Β. Κωσταρέλη	Παρισιάνος	2009	

Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
National Academies Press	Improving Data to Analyze Food And Nutrition Policies (Paperback)	National Academies Press	2005	0309100054
N. Milio	European Food And Nutrition Policies in Action (WHO Regional Publications, European S.) (Paperback)	World Health Organization	1998	9289013370
«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	