

Principles of Human Nutrition [7]

COURSE OUTLINE

(1) GENERAL

SCHOOL	ANIMAL BIOSCIENCES		
ACADEMIC UNIT	DEPARTMENT OF ANIMAL SCIENCE		
LEVEL OF STUDIES	UNDERGRADUATE – ELECTIVE		
COURSE CODE	7	SEMESTER	7 th
COURSE TITLE	PRINCIPLES OF HUMAN NUTRITION		
INDEPENDENT TEACHING ACTIVITIES		WEEKLY TEACHING HOURS	CREDITS
Theory Lectures		3	3
TOTAL		3	3
COURSE TYPE	Field of Science		
PREREQUISITE COURSES:	Biochemistry, Nutritional Physiology		
LANGUAGE OF INSTRUCTION and EXAMINATIONS:	Greek		
IS THE COURSE OFFERED TO ERASMUS STUDENTS:	NO		
COURSE WEBSITE (URL):	https://oeclass.aua.gr/eclass/courses/EZPY204/		
TEACHING STAFF:	K. Mountzouris, I. Politis, G. Christodouloupoulos		

(2) LEARNING OUTCOMES

Learning outcomes
Upon successful completion of the course, students will be able (according to Bloom) to: • Explain the important role of nutrition for maintaining good human health (Knowledge / Comprehension). • Describe how human requirements for energy and nutrients are formed across all stages of life (Knowledge / Comprehension). • Analyze how the nutritional value of different food groups relates to current dietary recommendations and food-level guidelines, particularly within the context of the Mediterranean diet (Analysis / Comprehension / Application). • Explain the role of food processing in ensuring food safety and its impact on nutritional value (Knowledge / Comprehension / Application). • Evaluate and analyze an individual's diet, and propose evidence-based changes and improvements to align it with current dietary recommendations (Analysis / Evaluation / Application). • Search, retrieve, and critically evaluate scientific information using appropriate methods and course-related resources to support dietary assessments (Application / Analysis / Evaluation).
General Competences
• Search, analysis and synthesis of data and information, using the necessary technologies • Decision making • Autonomous work • Teamwork • Demonstration of social, professional, and ethical responsibility • Work in an interdisciplinary environment

(3) SYLLABUS

Relationship between nutrition and human health • Nutrients, digestion – metabolism • Nutritional value of food groups • Energy requirements • Protein requirements • Carbohydrates requirements • Fat requirements

- Nutritional value of milk and milk products
- Effect of processing on the nutritional value of foods
- Nutrition in human life stages (pregnancy, lactation, infancy, school age, adolescence, adulthood and old age) Contemporary societal trends and their effects on human nutrition
- Examples of diet analysis - composition

(4) TEACHING and LEARNING METHODS - EVALUATION

DELIVERY	In the classroom and remotely through specialized video conferencing tools (e.g. OpeneClass & MS teams)	
USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY	Use of Computers and internet PowerPoint presentations, specialized diet analysis software. Learning process support through the open e-class electronic platform.	
TEACHING METHODS	Activity	Semester workload
	Lectures in theory	39
	Literature study	22
	Individual study of students on diet formulation	14
	Course total (25 h of workload per ECTS)	75
STUDENT PERFORMANCE EVALUATION	Theoretical part: Optional attendance of Lectures by students (work in progress, etc.) Final written exam (100%) including: Development and multiple choice and true/false questions. III. The evaluation language is Greek. IV. The evaluation criteria are communicated to the students. V. The final grade results from the scores in the theory (100%)	

(5) ATTACHED BIBLIOGRAPHY

Suggested Bibliography:

(A) Printed Related Scientific Journals – Publications

- Eastwood M (1997). Principles of Human Nutrition. Chapman & Hall
- Frayn KN (1996). Frontiers in metabolism – Metabolic regulation. A human perspective. Portland Press
- Garrow JS, James WPT and Ralph A (2000). Human nutrition and dietetics, 10th edition. Edinburgh: Churchill Livingstone
- Gibney MJ, Vorster HH & Kok FJ (2002). Introduction to human nutrition. The Nutrition Society: Blackwell science
- Ζαμπέλας Α (2004) Διατροφή στα στάδια της ζωής, Ιατρικές Εκδόσεις Πασχαλίδη, GREEK
- Ζερφυρίδης ΓΚ (1998) Διατροφή του Ανθρώπου, Εκδόσεις Βιβλίων Γιαχούδη, GREEK

(B) Relevant Scientific Journals

- Journal of Nutrition
- Nutrition Journal
- British Journal of Nutrition
- European Journal of Nutrition
- The American journal of clinical nutrition

(C) Digital Educational Material (open e-class)

<https://oeclasse.aua.gr/eclass/modules/document/?course=EZPY204>

- Μουντζούρης Κ 2020 Διατροφή Ενηλίκων_new20.pdf - GREEK
- Μουντζούρης Κ 2020 Διατροφή στα στάδια της Ζωής 2020.pdf - GREEK
- Μουντζούρης Κ 2020 Εισαγωγή στη Διατροφή του Ανθρώπου_new20.pdf - GREEK
- Μουντζούρης Κ 2020 Θρεπτική αξία των τροφίμων – Ομάδες τροφίμων.pdf - GREEK
- Πολίτης Ι Η Μοναδικότητα του Γάλακτος και των Γαλακτοκομικών Προϊόντων στη Διατροφή του Ανθρώπου - GREEK

(D) Recommended Textbooks (EUDOXOS):

- Ζερφυρίδης ΓΚ (1998) Διατροφή του Ανθρώπου, Εκδόσεις Βιβλίων Γιαχούδη - GREEK