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EUROPEAN UNIVERSITY FOR CUSTOMISED EDUCATION

STUDY GUIDE

NUTRITION AND PUBLIC HEALTH

Organised by

University of the Peloponnese

1. IDENTIFYING DATA.	
· Course Name.	Nutrition and Public Health
· Coordinating University.	University of the Peloponnese
· Partner Universities Involved.	-
· Course Field(s).	Public Health
· Related Study Programme.	Public Health
· ISCED Code.	091 (Health)
· SDG.	2 (zero hunger) 3 (good health and well-being) 12 (responsible consumption and production)
· Study Level.	B, M
· EUNICE Key Competencies	[Indicate the Key Competencies required for the course.] • Green – strongly • Orange- moderately • Red – partially • Blank cell - not at all

Problem solving	strongly
Teamworking	strongly
Communication	strongly
Self-management	strongly
Cognitive flexibility	moderately
Digital competence	moderately

	Technical competence	moderately
	Global intercultural competence	moderately

· Number of ECTS credits allocated.	5 ECTS
· Mode of Delivery.	Online live
· Language of Instruction.	English
· Course Dates.	16-10-2025 to 18-12-2025 and 15-1-2026 to 12-2-2026
· Precise Schedule of the Lectures.	Every Thursday at 16:00 CET (2-hour class)
· Key Words.	Nutrition, vitamins, minerals, Mediterranean diet, ultra-processed foods, malnutrition, cancer, pregnancy, elderly, cardiovascular disease, hypertension
· Catchy Phrase.	Eat well, stay well

· Prerequisites and co-requisites.	- Knowledge of English language - PowerPoint Knowledge - B or M
· Number of EUNICE students that can attend the Course.	30
· Course inscription procedure(s).	Standard EUNICE process

2. CONTACT DETAILS.

· Department.	Department of Nutritional Science and Dietetics
· Name of Lecturer.	Paraskevi Detopoulou
· E-mail.	p.detopoulou@uop.gr
· Other Lecturers.	-

3. COURSE CONTENT.

- Macronutrients (Carbs, Proteins, Fats) – Their roles & sources
- Micronutrients (Vitamins & Minerals) – Importance for health

- Ultra-processed foods and Food Labels – How to read and interpret nutrition facts
- Nutrition and cardiometabolic diseases
- Nutrition and cancer
- Malnutrition
- Healthy Eating in various lifestages

4. LEARNING OUTCOMES.

By the end of this course, students will:

- Understand the roles and sources of macronutrients (carbohydrates, proteins, and fats) and their importance in human health.
- Recognize the significance of micronutrients (vitamins and minerals) in body functions and disease prevention.
- Comprehend the relationship between nutrition and major health conditions, including obesity, diabetes, hypertension, cardiovascular diseases, cancer, and malnutrition.
- Read and interpret food labels to assess nutritional value and make informed dietary choices.
- Identify healthy dietary patterns and nutritional strategies for disease prevention and management.
- Recognize and address nutritional deficiencies and excesses in different life stages.
- Strengthen Critical Thinking and Communication Skills
- Analyze current nutrition-related issues and their implications on public health.
- Apply Knowledge to Real-World Contexts though case-studies
- This course equips students with both theoretical knowledge and practical skills to make informed decisions about nutrition and contribute to health promotion and disease prevention.

5. OBJECTIVES.

The objective of this course is for professionals from different areas of health to become familiar with Fundamentals of Nutrition.

6. COURSE ORGANISATION.

UNITS	
1.	Macronutrients (Carbs, Proteins, Fats) – Their roles & sources
2.	Micronutrients (Vitamins & Minerals) – Importance for health
3.	Ultra-processed foods and Food Labels – How to read and interpret nutrition facts

4.	Nutrition and Obesity
5	Nutrition and Diabetes
6	Nutrition and Hypertension
7	Nutrition and cardiovascular disease
8	Nutrition and cancer
9	Malnutrition
10	Healthy Eating in children
11	Healthy Eating in pregnancy
12	Healthy Eating in the Elderly
13	presentations of students

LEARNING RESOURCES AND TOOLS.

Presentations, scientific articles

PLANNED LEARNING ACTIVITIES AND TEACHING METHODS.

Lectures, presentations by sole students or students' groups

7. ASSESSMENT METHODS, CRITERIA AND PERIOD.

Presentation of a nutrition related project

OBSERVATIONS.

8. BIBLIOGRAPHY AND TEACHING MATERIALS.

R.S. Gibson: Principles of Nutritional Assessment (online free e-book) https://nutritionalassessment.org/
https://pressbooks.bccampus.ca/nutr1100/ (online free e-book)
https://www.cambridge.org/core/journals/public-health-nutrition
https://www.sciencedirect.com/journal/the-journal-of-nutrition
https://www.myplate.gov/life-stages
https://www.efsa.europa.eu/en
https://www.espen.org/files/ESPEN-Guidelines/ESPEN-practical-guideline-clinical-nutrition-in-cancer.pdf
https://www.cancerresearchuk.org/about-cancer/coping/physically/diet-problems/why-diet-is-

important
https://heart.bmj.com/content/108/15/1234
https://www.escardio.org/The-ESC/Press-Office/Press-releases/what-should-i-eat-to-avoid-heart-disease
https://data.unicef.org/topic/nutrition/malnutrition/
https://medlineplus.gov/nutritionforolderadults.html
https://www.nhs.uk/pregnancy/keeping-well/have-a-healthy-diet/