Course Title	Human Nutrition and Health				
Course Code	ΓΒΤ 352				
Course Type	Theory				
Level	Undergraduate				
Year / Semester	3th year-5th semester-fall				
Teacher's Name	Dr Maria Aspri				
ECTS	4	Lectures / week	2 x 1.5 hr	Laboratories / week	
Course Purpose and Objectives	This course aims, based on Greek and foreign literature, to provide evidence that will be able to highlight the science of human nutrition. The aim of the course is the understanding of the nutritional value of foods through the investigation of the interaction between nutrition and health. Basic principles of Nutrition science, nutrients and human energy requirements and expenditures will be presented.Impacts from excess or deficiency of nutrients and special needs of specific population groups will also be presented.				
Learning Outcomes	Students are expected to : • Define the science of Nutrition and the subjects it includes • Calculate basic metabolism and determine the individual's energy requirements • Recognize the nutrients and design balanced diets based on the Mediterranean diet • Be able to provide nutrition advice for both prevention and treatment of diet-related illnesses • Define rules on food labeling • Recognize functional foods				
Prerequisites	They do not exist	Required	They do not exist		
Course Content	1 Introduction 1.1 Basic principles of Nutrition Science 1.2 Energy requirements and expenditures of the individual 1.3 Digestion and absorption of food				

	2. Nutrients 2.1 Carbohydrates 2.2 Proteins 2.3 Lipids 2.4 Vitamins 2.5 Water and inorganic elements 3. Dietary plans 3.1 Food groups and nutrition guidelines 3.2 Principles of balanced dietary plan 3.3 Mediterranean diet 4. Nutrition and Health 4.1 Hypertension and Nutrition 4.2 Obesity 4.3 Diabetes 4.4 Osteoporosis 4.3 Food allergies and intolerances 5. Food and Nutrition Technology 5.1 Food composition and labeling 5.2 Impact of processing on food nutrients and new trends in food processing 5.3 Functional Foods - Nutraceuticals
Teaching Methodology	Lectures Active engagement in learning activities, discussion and problem solving Solving problems and exercises in the table Developing individual homework Autonomous learning
Bibliography	1. Teaching notes

<table>
<tr><td></td><td>2. Εισαγωγή στη Διατροφή του Ανθρώπου, Επιμέλεια Ελληνικής Έκδοσης: Αντωνία – Λήδα Ματάλα, Μαρία Γιαννακούλια, Επιστημονικές Εκδώσεις Παρισιανού Α.Ε., 2007, ISBN: 0-632-05624-X

3. Κλινική Διατροφή και Διαιτολογία, Αντώνιος Ζαμπέλας, Ιατρικές Εκδόσεις Π.Χ. Πασχαλίδης. 2007, ISBN: 960-399-452-9

4. Complete Food and Nutrition Guide, Roberta Larson Duyff, American Dietetic Association, 2006, ISBN 0470041154

5. Σύγχρονη Διατροφή και Διαιτολογία, Γεώργιος Κ. Παπανικολάου, Θυμάρι, 2005, ISBN: 9789603491262</td></tr>
<tr><td>Assessment</td><td>The assessment will be based on two written exams (one intermediate and one final) and in the performance of students in an assignment will be given to them. Η βαρύτητα της καθεμιάς από τις μεθόδους εξέτασης παρουσιάζεται στον πίνακα που ακολουθεί.

<table><tr><th>Assessment method</th><th>Percentage</th></tr><tr><td>Intermediate exam</td><td>25%</td></tr><tr><td>Assignment</td><td>20%</td></tr><tr><td>Final exam</td><td>55%</td></tr></table></td></tr>
<tr><td>Language</td><td></td></tr>
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