



Course syllabus

Näringslära II Nutrition II

YTHF05, 7,5 credits, G2 (First Cycle)

Valid for: 2023/24

Faculty: Faculty of Engineering, LTH

Decided by: PLED LIV

Date of Decision: 2023-04-17

General Information

Main field: Food Science. **Depth of study relative to the degree requirements:**

First cycle, has at least 60 credits in first-cycle course/s as entry requirements.

Language of instruction: The course will be given in Swedish

Aim

The aim is of this advanced course in nutrition is that the students will have knowledge of food; raw material, processed foods and meals in relation to nutritional and metabolic diseases, nutritional needs during life-cycle and different diets.

Learning outcomes

Knowledge and understanding

For a passing grade the student must

Describe the relation between food and health in Sweden and the world

Explain the today's knowledge concerning characteristics of food, including functional foods, that not cause or even prevent nutritional and metabolic diseases

Give an overview of the rules and regulations about marking and marketing food with health claim

Describe and motivate guidelines for meals in child care and school, food for people with disorders, elderly and athletes

Explain the background to de most common different foodstuffs as for celiac disease, lactose intolerance, allergy, vegetarian cost, religious costs and cost for athletics

Describe our eating habits and planning and evaluation of food consumption

Competences and skills

For a passing grade the student must

- Show proficiency in using programs for assessment of nutritive values
- Show proficiency in planning a recipe to a special group of people and evaluate the result according to current recommendations

Judgement and approach

For a passing grade the student must

Show conditions to be able to act for an increased consciousness about the relation between cost and health

Contents

The course describes the situation of food and health in Sweden and the world. One focus is on knowledge about how known risk factors for metabolic diseases e.g. metabolic syndrome, intestinal diseases, cancer and osteoporosis, is influenced by the food including functional foods. Further, the course also includes rules and regulations about marking and marketing food with health claims. The section about menu planning includes recipes, techniques and guidelines in different activities (within child care, school and for eldercare). Various special diets for people with celiac disease, lactose intolerance, allergy, will be discussed as well as vegetarian and religious food.

Examination details

Grading scale: UG - (U,G) - (Fail, Pass)

Assessment: Written exam, individual assignment, group assignment. All three parts of the examination must be passed in order to receive a passing grade on the course.

The examiner, in consultation with Disability Support Services, may deviate from the regular form of examination in order to provide a permanently disabled student with a form of examination equivalent to that of a student without a disability.

Parts

Code: 0122. **Name:** Written Examination.

Credits: 4,5. **Grading scale:** UG. **Assessment:** Passed written exam

Code: 0222. **Name:** Report, Foods with specific Health Effects.

Credits: 2. **Grading scale:** UG. **Assessment:** Submitted and approved individual assignment, as well as approved oral presentation and opposition

Code: 0322. **Name:** Assignment, Menu Planning.

Credits: 1. **Grading scale:** UG. **Assessment:** Submitted and approved group assignment and approved oral presentation

Admission

Assumed prior knowledge: YTHA71 Food chemistry I, and YTHA66 Basic nutrition

The number of participants is limited to: No

Reading list

- Johansson U & Stubbendorff A: Näring och hälsa. Studentlitteratur AB, 2020, ISBN: 9789144125947.
- Artikles covering around 50 pages about current issues regarding the connection between diet and health.

- Material från slv. www.slv.se (Bra mat i förskolan, Bra mat i skolan, Mat och kostbehandling för äldre).

Contact and other information

Course coordinator: Anne Nilsson, anne.nilsson@food.lth.se

Course homepage: <https://www.ple.lth.se/en/>