SCHOOL	FACULTY OF ENVIRONMENT
ACADEMIC UNIT	FOOD SCIENCE AND TECHNOLOGY
LEVEL OF STUDIES	UNDERGRADUATE
COURSE CODE	FST205 **SEMESTER** 2
COURSE TITLE	NUTRITION

INDEPENDENT TEACHING ACTIVITIES *if credits are awarded for separate components of the course, e.g. lectures, laboratory exercise, etc. If the credits are awarded for the whole of the course, give the weekly teaching hours and the total credits*	**WEEKLY TEACHING HOURS**	**CREDITS**
Lectures	3	
Total	3	6
Add rows if necessary. The organisation of teaching and the teaching methods used are described in detail at (d).		

COURSE TYPE *General background, special background, specialised general knowledge, skills development*	General Background, specialised general knowledge
PREREQUISITE COURSES:	
LANGUAGE OF INSTRUCTION and EXAMINATIONS:	Greek
IS THE COURSE OFFERED TO ERASMUS STUDENTS	Yes (in Greek)
COURSE WEBSITE (URL)	

LEARNING OUTCOMES

Learning Outcomes
The course earning outcomes, specific knowledge, skills and competences of an appropriate level, which the students will acquire with the successful completion of the course are described.   *Consult Appendix A*   • *Description of the level of learning outcomes for each qualifications cycle, according to the Qualifications Framework of the European Higher Education Area*   • *Descriptors for Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning and Appendix B*   • *Guidelines for writing Learning Outcomes*
Upon completion of the course, the student is expected to be able to: - describe the basic and necessary information regarding nutrition, food ingredients, nutritional value and the importance of nutrition.   - understand and be able to interpret the role of nutrients in the normal functioning of the human body,   - describe the nutritional needs at different ages   - explain the effects of excessive intake or lack of each category

	correlate pathological conditions of the body with nutritional elements

General Competences

Taking into consideration the general competences that the degree-holder must acquire (as these appear in the Diploma Supplement and appear below), at which of the following does the course aim?

Search for, analysis and synthesis of data and information, with the use of the necessary technology *Adapting to new situations* *Decision-making* *Working independently* *Team work* *Working in an international environment* *Working in an interdisciplinary environment* *Production of new research ideas*	*Project planning and management* *Respect for difference and multiculturalism* *Respect for the natural environment* *Showing social, professional and ethical responsibility and sensitivity to gender issues* *Criticism and self-criticism* *Production of free, creative and inductive thinking* *......* *Others...* *.......*

- Adapting to new situations
- Decision-making
- Working independently
- Team work
- Criticism and self-criticism
- Production of free, creative and inductive thinking
- Search for, analysis and synthesis of data and information, with the use of the necessary technology

SYLLABUS

Chemical elements and their compounds as components of diet. Organic ingredients, Trace elements, Principles and rules of healthy eating. Nutrition and health relationships, Energy needs of the human body, energy needs assessment

Water in food, drink and diet. Drinking water, Beverages, Flavonoids, Aromatic plants, Polyphenols and their antioxidant activity

Sugars - carbohydrates. Description. Pectins. Important carbohydrate foods and their role in the diet. Dietary fiber, carbohydrate fermentation

Fats and oils. Description. Fatty acids and foods. The importance of triglycerides for proper nutrition

Proteins or albumins. Basic protein foods. The role of proteins in the diet. Enzymes in food technology and nutrition

Vitamins. Fat-soluble and water-soluble vitamins

Nutritional suggestions. Applications of dietary standards and instructions. Calculation of calories and diet recommendation

TEACHING and LEARNING METHODS - EVALUATION

DELIVERY *Face-to-face, Distance learning, etc.*	In teaching class

USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY *Use of ICT in teaching, laboratory education, communication with students*	Power point presentation, contact and access via web platform (e-class), contact via e-mails and in-office hours	

TEACHING METHODS	Activity	Semester workload
	Lectures	117
The manner and methods of teaching are described in detail.		
Lectures, seminars, laboratory practice, fieldwork, study and analysis of bibliography, tutorials, placements, clinical practice, art workshop, interactive teaching, educational visits, project, essay writing, artistic creativity, etc.	Total contact hours and training	*117*
The student's study hours for each learning activity are given as well as the hours of non-directed study according to the principles of the ECTS		

STUDENT PERFORMANCE EVALUATION	**Language of evaluation: Greek**
Description of the evaluation procedure	
	Written final exams that include subjects of graded difficulty.
Language of evaluation, methods of evaluation, summative or conclusive, multiple choice questionnaires, short- answer questions, open-ended questions, problem solving, written work, essay/report, oral examination, public presentation, laboratory work, clinical examination of patient, art interpretation, other	
Specifically-defined evaluation criteria are given, and if and where they are accessible to students.	

ATTACHED BIBLIOGRAPHY

- Suggested bibliography:
1.BOOK [13256445]: Εγχειρίδιο διατροφής, Biesalski Hans - Konrad,Grimm eter Λεπτομέρειες
2.BOOK [68399883]: ΔΙΑΤΡΟΦΗ του ΑΝΘΡΩΠΟΥ, Σφλώμος ΚωνσταντίνοςΛεπτομέρειες
3.Β [33155038]: Εισαγωγή στη διατροφή του ανθρώπου, GIBNEY ICHAEL. J. , SUSAN A. LANHAM-NEW, AEDIN CASSIDY, HESTER H. VORSTER Λεπτομέρειες

Performance Statistics of the last 2years			
Grade (descending order)	absolute frequency	relative frequency %	sum of success rates per class
NUTRITION			
10	24	10%	10%
9	26	11%	21%
8	37	15%	36%
7	54	23%	59%
6	98	41%	100%
	239	100%	