

Module title	Nutrition and Nutrition Related Chronic Diseases
Code	F2
Degree Programme	Master of Science in Life Sciences
Group	Food
Workload	3 ECTS (90 student working hours: 42 lessons contact = 32 h; 58 h self-study)
Module Coordinator	<p>Name: Beatrice Baumer Phone: +41 (0)58 934 57 08 E-Mail: beatrice.baumer@zhaw.ch Address: ZHAW Life Sciences und Facility Management, Einsiedlerstrasse 34, 8820 Wädenswil</p>
Lecturers	<ul style="list-style-type: none"> • Beatrice Baumer, ZHAW • Dr. Janice Sych, ZHAW (responsible for final assessment) • Guest lecturer BFH (Dr. David Fäh) • Other guest speakers
Entry requirements	At least one module at bachelor level with nutrition related contents and one with basic statistics Assignment (1/2 page text), based on pre-reading material, to be completed before the module start (see moodle site for details), and contributing to the final assessment .
Learning outcomes and competences	<p>After completing the module, students will be able to:</p> <ul style="list-style-type: none"> • explain why nutrition related chronic diseases (and generally NCDs) are a global issue • discuss the impact of unhealthy dietary behaviours on health, in a historical context (nutrition transition) • describe associations between diet, other risk factors and diseases; their assessment; different types of studies (designs); and critically discuss their strengths and limitations, and level of scientific evidence. • describe possible pathophysiological pathways linking diet (nutrients/non-nutrients) with increased or decreased risk of diseases and /or intermediate biomarkers • justify the need for dietary recommendations for health promotion and / or disease prevention
Module contents	<ul style="list-style-type: none"> • Topic of healthy/unhealthy diets resp. food items, nutrition transition • Basics in epidemiology, different study designs, and evaluation of evidence (criteria for level of evidence, causation) • Diet as a risk factor for diet-related non-communicable diseases: selected pathophysiological pathways (in particular for obesity, cardiovascular diseases, diabetes type 2, some cancer forms)
Teaching / learning methods	<p>Lecture and Seminar work, emphasizing student-centered learning</p> <ul style="list-style-type: none"> • pre-course slidecasts • theory inputs • discussions of selected papers (pre-reading assignments) • individual / small group / class tasks, based on theory and reading assignments (all contributing to the final individual essay or to main LOs)

Master in Life Sciences

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Assessment of learning outcome	1. Final individual essay to be submitted a few days after the end of the module (100%)							
Format	Block week							
Timing of the module	Winter school CW 6							
	Day of the block week	<1	1	2	3	4	5	>5
	Contact teaching (lessons)		8	9	9	8	8	
	Self-study (hours)	20	2	2	2	2	0	30
Venue	Olten							
Bibliography	<p><u>Pre-course reading</u> Slidecasts and other pre-reading materials Lancet 2019: GBD 17, Diet Collaborators Global Nutrition Report, 2017. Nourishing the SDGs, Bristol, UK: Development Initiatives: <i>read summary and chapters 1-2</i> Willett W, 2012. Nutritional epidemiology (third edition), ISBN-13:9780199754038, Pub. Date:11/07/2012, Publisher: Oxford University Press, <i>Chapters 1-5 as pre-reading assignment</i> Additional 5-6 selected papers, with current, module-relevant topics <i>will be distributed (on Moodle, together with mandatory preparation questions) and then discussed in class.</i> E.g.: Temple NJ, 2016. How reliable are randomized controlled trials for studying the relationship between diet and disease? A narrative review, British Journal of Nutrition 116:381-389</p> <p><u>During the course</u> Additional articles on current topic will be provided (on Moodle) before the class begins, these will be discussed in class</p>							
Language	English							
Links to other modules								
Comments								
Last Update	31.03.2020							