

Course Title	Balanced Diet and Healthy Lifestyle				
Course Code	ICUL-321E				
Course Type	Compulsory				
Level	1 st Cycle				
Year / Semester	Third/Fall				
Teacher's Name					
ECTS	3	Lectures / week	3	Laboratories / week	0
Course Purpose and Objectives	<p>The aim of the course is to give students the basic knowledge of a balanced diet that contains the proper proportions of all nutrients; (carbohydrate, fat, protein, vitamin, mineral, and water) which are all necessary to maintain good health and a healthy lifestyle. Moreover, it aims to provide the students with the knowledge of how to maintain healthy eating and the links between a poor diet and health risks, including diabetes, obesity, food allergies, heart disease and hypertension.</p> <p>Types of vegetarianism are reviewed as part of a healthy lifestyle. Emphasis is placed on the study of nutrients and of their ingestion, digestion, absorption, transport, metabolism, interaction, storage and excretion. At the same time the course will focus on how to create balanced menus for healthy living.</p>				
Learning Outcomes	<p>After completion of the course students are expected to be able to:</p> <ul style="list-style-type: none"> • Apply the concepts of balanced diet in personal food selection. • Recognize the consequences of over nutrition, under-nutrition, and malnutrition. • Describe the principle of caloric balance. • Recognize and advocate the principles of nutrition that promote health and prevent disease throughout the life cycle. • Create balanced, healthy menus for pathological conditions. • Select and use appropriate guidelines for food selection and provide for adequacy, balance, calorie control, moderation, variety, and density • Promote the importance of Mediterranean diet and its assets in terms of nutrition and disease prevention. • Create and modify menus related to different groups of vegetarians 				
Prerequisites	ICUL-221E	Required	None		
Course Content	<p>Balanced Diet/Healthy lifestyle</p> <ul style="list-style-type: none"> • Principles of balanced diet • Benefits of healthy living • Ways to develop positive health habits • The relationship between diet and health • The principles of the Mediterranean Diet 				
	<p>Nutrients</p> <ul style="list-style-type: none"> • Macronutrients (carbohydrates-proteins-fats) 				

	<ul style="list-style-type: none"> • Micronutrients (vitamins and minerals) • Water <p><u>Group of foods</u></p> <ul style="list-style-type: none"> • Eating well plate • Portion Control • Food servings • Calculating nutrient and energy content of a person and creating a healthy menu <p><u>Digestive system (basic physiology), metabolism</u></p> <ul style="list-style-type: none"> • Stages of food processing • Hunger and appetite • Factors influencing food intake • Carbohydrates', fats' and proteins' metabolism <p><u>Diet in the cycle of life</u></p> <ul style="list-style-type: none"> • Pregnancy • Breastfeeding • The infant's diet • Nutrition in childhood • Nutrition in puberty • Nutrition for the elderly <p><u>Balanced diet and Healthy lifestyle for pathological conditions</u></p> <ul style="list-style-type: none"> • Diabetes • Obesity • Atherosclerosis and Hypertension • Food Allergies and Intolerances <p><u>Nutrition for vegetarians</u></p> <ul style="list-style-type: none"> • Semi-vegetarians • Vegans • Lacto-vegetarians • Lacto-ovo vegetarians • Pescatarians • Raw food eaters • Alternatives to meat
Teaching Methodology	Lectures, assignments, videos, labs
Bibliography	<p>Required:</p> <ul style="list-style-type: none"> • Title: Nutrition, Health and Disease: A Lifespan Approach, 3rd Edition, Simon Langley-Evans, Wiley-Blackwell, August 2021 • Lecturer's notes. <p>Suggested:</p> <ul style="list-style-type: none"> • Implementing the Mediterranean Diet: Nutrition in Practice and Public Health, Richard Hoffman, Wiley-Blackwell, 2022
Assessment	<ul style="list-style-type: none"> • Class Participation • Assignments

	<ul style="list-style-type: none"> • Tests • Mid-Term • Final Exam <p>Grading Policy</p> <table border="1" data-bbox="518 432 1209 712"> <tr> <td>Final Examinations</td> <td>30 – 50%</td> </tr> <tr> <td>Class Tests</td> <td>15 – 30% each</td> </tr> <tr> <td>Term paper or Projects</td> <td>15 – 30%</td> </tr> <tr> <td>Mid-Term</td> <td>30 – 40%</td> </tr> <tr> <td>Homework</td> <td>0 – 20%</td> </tr> <tr> <td>Quizzes</td> <td>0 – 10%</td> </tr> <tr> <td>Class Attendance & Participation</td> <td>0 – 10%</td> </tr> </table>	Final Examinations	30 – 50%	Class Tests	15 – 30% each	Term paper or Projects	15 – 30%	Mid-Term	30 – 40%	Homework	0 – 20%	Quizzes	0 – 10%	Class Attendance & Participation	0 – 10%
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Language	English														