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| Course Title | Healthy Eating And Illnesses | | | | |
| Course Code | ICUL-310 | | | | |
| Course Type | Required | | | | |
| Level | 1st Cycle | | | | |
| Year / Semester | Third/Fall | | | | |
| Teacher's Name | Fotini Lappa | | | | |
| ECTS | 3 | Lectures / week | 13 | Laboratories / week | 0 |
| Course Purpose and Objectives | The aim of the course is to give students the basic knowledge concerning the interdependence between nutrition and health and to analyze the possible positive effects of healthy eating on chronic illnesses such as diabetes, obesity, heart diseases, allergies, osteoporosis. Moreover, it aims in familiarizing students with the concept of nutrients (macronutrients and micronutrients), their requirements and how these requirements can be translated into optimal nutritional models for health promotion, either individually or in a level of public health in food businesses.<br><br>Additionally, we will analyze how to create special menus for physiological and pathological conditions in order to terminate them. The aim of the course is also to provide students with theoretical and practical knowledge on vegetarianism in all its forms. At the same time, this course will provide the foundation for understanding the basic human physiology. | | | | |
| Learning Outcomes | After completion of the course students are expected to be able to:<br>• Know the nutritional and caloric value of the foods.<br>• Classify different foods based on the nutrients they offer.<br>• Know about the correlation between diet and health.<br>• Create balanced, healthy menus for various diseases.<br>• Know the stages of food processing in the human body.<br>• Promote the importance of Mediterranean cuisine and its assets in terms of nutrition and disease prevention.<br>• Understand and apply menus for groups of people such as (pregnant, elderly, infants, and teenagers).<br>• Understand, apply and replace foods and menus related to different groups of vegetarians | | | | |
| Prerequisites | ICUL-220 | Required | None | | |
| Course Content | **<u>Healthy Eating Rules/Habits</u>**<br>• The decalogue of a Healthy Diet<br>• The relationship between diet and health<br>• The principles of the Mediterranean Diet | | | | |

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| | **Nutrients**<br>• Nutirents that provide energy-carbohydrates-proteins-fats<br>• Nutirents that DO NOT provide energy-water-vitamins and minerals<br><br>**Grouping of foods**<br>• Healthy Diet Pyramid<br>• Nutrients' calculation and the establishment of an individual's needs in nutrients<br><br>**Digestive system (basic physiology), metabolism**<br>• Stages of food processing<br>• The stages between hunger and appetite<br>• Chemical and mechanical processing<br>• Carbohydrates', fats' and proteins' metabolism<br><br>**Diet in the cycle of life**<br>• Pregnancy<br>• Breastfeeding<br>• The infant's diet<br>• Nutrition in infancy and childhood<br>• Nutrition in puberty<br>• Nutrition for the elderly<br><br>**Nutrition for Miscellaneous Diseases**<br>• Diabetes<br>• Obesity<br>• Atherosclerosis and Hypertention<br>• Allergies and Intolerances<br>• Osteoporosis<br><br>**Nutrition for vegetarians**<br>• Partially vegeterians<br>• Strictly vegeterians<br>• Lacto-vegeterians<br>• Lacto-ovarian vegeterians<br>• Pesco<br>• Raw food diet<br>• Alternatives to meat |
| Teaching Methodology | Lectures, assignments, videos, labs |
| Bibliography | Required:<br>• Γαλανοπούλου Ν., Ζαμπετάκης Γ κ.ά., 'Διατροφή και Χημεία Τροφίμων', Εκδόσεις Σταμούλη, ISBN 978-960-351-863-1(τελευταία έκδοση)<br>• Lecturer's notes<br><br>Suggested: |

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| | • “Barasi Mary ‘Human Nutrition, a health perspective’, Taylor and Francis Group, (τελευταία έκδοση) ISBN 9780340810255 |
| Assessment | Assignments and Tests, Attendance/Participation, Mid-term, Final Exam |
| Language | Greek |