

# SUMMER SHORT COURSE:

## *Closing the health gap with food – from nutritional needs to nutritional care – 4 ECTS*

### Context

Nutrition is a fundamental pillar of human life, health and development across the entire life span. From the earliest stages of fetal development, at birth, through infancy, childhood, adolescence, and on into adulthood and old age, proper food and good nutrition are essential for survival, physical growth, mental development, performance and productivity, health and well-being. However, still, poor nutrition is a public health problem facing both developed and developing nations today. Food policies, food services, health catering as well as industry need to propose nutritional care and products that are best adapted to the consumers' and patients' needs in order to contribute to the reduction of chronic diseases.

In this module, students will learn about specific nutritional needs and how to integrate them in products innovation. They will get a solid understanding about food services and health catering in France as upcoming and innovative sectors. Students will learn to develop menus suitable to specific nutritional requirements of vulnerable population groups and get insights in nutritional care concepts. Advanced courses will be complemented by global seminars on actual topics in the exciting field of nutrition and health research.

### Learning outcomes

- Work in multicultural teams
- Describe the different methods for assessing the nutritional status.
- Understand the different nutritional requirements of vulnerable population groups (infants, children, adolescents, pregnant and lactating women and elderly)
- Handle basic culinary techniques (virtual videos)
- Create menus specific chronic diseases
- Design and understand the organization of food services and health catering

### Audience & prerequisites

- Students attending BSC or MSc programs in Life, biologie and/or Agro- Sciences.
- Students should be fluent with basic computer skills (Excel, management of files and folders).
- Requirements of English language level:
  - o 785 TOEIC points or higher
  - o 534 TOEFL ITP points or higher / 227 TOEFL CBT / 72 TOEFL iBT points
  - o 5.5 IELTS points or higher
- Number of attendees: from 15 to 25.

### Organization

- The medium of instruction and evaluation is English

- A mixed teaching pedagogy will be used: 1) direct or/and video lectures; 2) direct seminars; 3) continuous evaluation by reports, oral presentations and videos, for example culinary techniques

## Evaluation

Attendance to all classes is required to be able to validate the course.

A certificate of attendance will be delivered by the end of the course.

## Schedule

- June 1<sup>th</sup> - 2<sup>nd</sup> July 2021
- 5 successive weeks
- Recurrent hour of class: 12-2PM (french time zone)

## Program-overview

Teaching modules/title	Hours / ECTS
1) Specific nutritional needs & products innovation	15h / 1 ECTS
2) Health catering and food services	15h / 1 ECTS
3) Culinary innovation in nutritional care	15h / 1 ECTS
4) Global seminars /actual key topics	12h (3 x 4h) / 1 ECTS

A detailed program will be provided upon request. Individual working time (beside classes) is estimated 20h.

## Academic Contact

Course leader and instructor: Anne-Kathrin ILLNER, PhD, MPH, Associate Professor in Human Nutrition, prevention and population health sciences. Email address: [anne-kathrin.illner@unilasalle.fr](mailto:anne-kathrin.illner@unilasalle.fr)

## Contact for applications

Applications must only be sent to the following email address [incoming@unilasalle.fr](mailto:incoming@unilasalle.fr)

Deadline to apply: April 16<sup>th</sup> 2021

The application must include:

- a CV
- a certificate of English language level
- the transcripts of academic records from the past 3 years
- the application form duly filled in