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|-------------------------------|---|-----------------|-----|---------------------|------|
| Course Title                  | Nutrition in Public Health and Health Safety  |                 |     |                     |      |
| Course Code                   | MPH 614   |                 |     |                     |      |
| Course Type                   | Optional  |                 |     |                     |      |
| Level                         | Masters (2 <sup>nd</sup> Cycle)   |                 |     |                     |      |
| Year / Semester               | 2 <sup>nd</sup> year / 3 <sup>rd</sup> semester   |                 |     |                     |      |
| Teacher's Name                | TBA   |                 |     |                     |      |
| ECTS                          | 10  | Lectures / week | N/A | Laboratories / week | None |
| Course Purpose and Objectives | <p>This course aims to provide an understanding of the association of Nutrition Sciences and Public Health for the promotion of health of the general population and the improvement of health indices through drafting and implementing the appropriate nutritional recommendations for each case (disease). Further, students will comprehend the great importance of special nutrition intervention programmes for different public health matters and will also be able to participate in the designing team. Students will also acquire important knowledge on issues of hygiene and food safety, focusing on Food Microbiology and they will learn the legal framework that governs food safety and the preventive risk management systems for the several foods and water hazards that can potentially affect Public Health to a great extend.</p>   |                 |     |                     |      |
| Learning Outcomes             | <p>Upon successful completion of this course students should be able to:</p> <ul style="list-style-type: none"> <li>• Recall the basic principles of Education Sciences and nutritional epidemiology</li> <li>• Describe the assessment methods of nutritional condition</li> <li>• Determine the nutritional needs in different stages of a human's life</li> <li>• Recognise the relevance and importance of nutrition in different stages of a human's life (pregnancy, puberty, adulthood, etc.)</li> <li>• Describe and apply nutrition programmes of health education</li> <li>• Determine the general nutritional needs of people with chronic diseases related to nutrition (cardiovascular, DM, cancer, anaemia, obesity)</li> <li>• Recall the international and European legal framework on Health, Food Control and Safety</li> <li>• Describe current and emerging risks affecting food safety and their effect on Public Health by concentrating on pathogenic microorganisms and foodborne illness, as well as on the agricultural and veterinary drug and antibiotics residues in foods, allergens, genetically modified ingredients, nanotechnology, aflatoxins, etc.</li> </ul> |                 |     |                     |      |

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|                      | <ul style="list-style-type: none"> <li>Describe the current and emerging risks affecting potable water safety and their effects on Public Health by focusing on pathogenic microorganisms and water-related diseases</li> <li>Fully describe preventive systems of Food Quality and Safety management, such as HACCP</li> </ul>  |          |      |
| Prerequisites        | None   | Required | None |
| Course Content       | <p>Upon completion of this course students will be able to know, associate, understand and analyse the importance of food chain and its relation to the factors that determine and affect health. They will understand the importance of food chain as a matter of public health. They will understand, evaluate and explain legislation governing food and water on a national and international level, as well as the contemporary risk management systems that are lurking for the protection of Public Health on a local and global level.</p>   |          |      |
| Teaching Methodology | Distance Learning  |          |      |
| Bibliography         | <p><b>Required reading:</b></p> <p>Mahan, L.K., Escott-Stump, S. (eds.) (2007). <i>Krause's Food, Nutrition, &amp; Diet Therapy</i>. Saunders Publications, USA.</p> <p><b>Recommended reading:</b></p> <p>Zampelas, A. (ed.) (2003). <i>Nutrition in life stages</i>. Medical Publications. P. Ch. Paschalides Publications, Athens.</p> <p>E. Polychronopoulos, I. Manios, V. Kostareli (ed.) (2009). <i>Nutrition and Public Health</i>. Parisianou Publishers A.E. Athens.</p> <p>Zampelas, A. (ed.) (2007). <i>Clinical nutrition and dietetics with elements of internal medicine</i>. Medical Publications. P. Ch. Paschalides Publications, Athens.</p> <p>Otten, J.J., Pitz Hellwig, J., Meyers, L.D. (eds) (2006). <i>Dietary Recommended Intakes: The essential guide to nutrient requirements</i>. The National Academies Press.</p> |          |      |
| Assessment           | <p>Examinations                    50%</p> <p>On-going evaluation        50%</p>   |          |      |
| Language             | English  |          |      |