



**Karolinska  
Institutet**

Course syllabus for

# **Diet and Health - Scientific Basis, Recommendations and Sustainability, 7.5 credits**

Kost och hälsa - vetenskaplig grund, rekommendationer och hållbarhet, 7.5 hp

This course has been cancelled, for further information see Transitional provisions in the last version of the syllabus.

Please note that the course syllabus is available in the following versions:

Autumn2018 , Autumn2019 , Autumn2020 , Autumn2021 , Spring2024

Course code	3NT000
Course name	Diet and Health - Scientific Basis, Recommendations and Sustainability
Credits	7.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Nutrition Science
Level	AV - Second cycle
Grading scale	Pass with distinction, Pass, Fail
Department	Department of Biosciences and Nutrition
Decided by	Utbildningsnämnden BioNut
Decision date	2018-02-26
Revised by	Education committee BioNut
Last revision	2020-02-03
Course syllabus valid from	Autumn 2020

## **Specific entry requirements**

A Bachelor's degree or a professional degree equivalent to a Swedish Bachelor's degree of at least 180 credits in biomedicine, cellular and molecular biology, pharmaceuticals, medicine, nutrition or the equivalent. And proficiency in English equivalent to English B/English 6.

## **Objectives**

Upon completion of the course, the student should be able to:

- account for global health issues related to nutrition and physical (in)activity.
- explain the process of how associations between diet and health is evaluated on the basis of current scientific evidence.
- describe the principles behind nutrient recommendations and dietary guidelines and explain why the latter may vary nationally.

- discuss, motivate and suggest dietary changes to achieve a healthy and environmentally sustainable diet, based on scientific evidence.
- write a scientific text in the area of nutrition, environment and recommendations, based on scientific evidence.
- reflect on his/her own learning process and increase his/her skills in communication in and in front of a group.

## Content

This course deals with how different types of studies contribute to the scientific basis and development of nutritional science and how different kinds of health claims relate to this basis. The principles behind nutrient recommendations and dietary guidelines are explained and discussed and also national variations in the latter. This course also deals with environmental aspects of different food groups and measures of how environmental impact can be investigated. The interaction between the three areas, environment, nutrition and health, is addressed from an individual to a global perspective. In this course, the student also receives training in writing a scientific text, communicating and discussing scientific information, as well as reflecting on his/her own learning process.

## Teaching methods

The course consists of seminars, group work, lectures, exercises and discussions and individual assignments. A practical assessment of the student's own dietary intake is included.

## Examination

The examination consists of oral and written assignments, graded Pass/Fail, and an individual written report, graded Pass with distinction/Pass/Fail. The grading criteria for all examinations are given in the study guide.

In case of failed results, the assignment may be submitted a maximum of five more times. If the student has completed six failed examinations, no further examination opportunities will be given for that assignment.

A student who has failed two examinations for a course or part of a course, is entitled to have another examiner appointed unless special reasons speak against it.

Compulsory participation:

Assignments and seminars are mandatory. The course director assesses if and, in that case, how absence from compulsory parts can be compensated. Before the student has participated in all compulsory parts or compensated absence according with the course director's instructions, the student's results will not be registered in LADOK. Absence from a compulsory activity may result in that the student cannot compensate absence until the next time the course is given.

If there are special reasons, or need for adjustment for a student with a disability, the examiner may decide to depart from the syllabus's regulations on examination form, number of examination opportunities, possibility of complementation of or exemption from compulsory parts of the course, etc. Content and learning goals as well as the level of expected skills, knowledge and abilities must not be altered, removed or lowered.

## Transitional provisions

After each course occasion there will be total six occasions for the examination within a two-year period from the end of the course.

## Other directives

The course language is English.

A course evaluation will be conducted according to guidelines decided by the Board of Higher Education at KI.

Oral evaluation will be carried out during the course.

## Literature and other teaching aids

### Mandatory literature

Reports, articles and other prescribed literature are listed in the study guide and will be available electronically.

### Recommended literature

Recommended literature for those who want to study basic nutrition more in depth.

*Gropper, Sareen Annora Stepnick; Smith, Jack L.; Carr, Timothy P.*

#### **Advanced nutrition and human metabolism**

Seventh edition. : 2018 - xx, 583 pages

ISBN:9781305627857 LIBRIS-ID:nxtmdfpflppvr9fq

[Library search](#)

*Whitney, Eleanor Noss*

#### **Understanding Nutrition**

Brooks/Cole Pub Co, 2018 - 0 s.

ISBN:9781337392693 LIBRIS-ID:22275956

[Library search](#)