



**Karolinska  
Institutet**

Course syllabus for

# **Diet and health - scientific evidence, recommendations and sustainability, 10 credits**

Kost och hälsa - vetenskaplig evidens, rekommendationer och hållbarhet, 10 hp

This course syllabus is valid from spring 2022.

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

Spring2022 , [Autumn2022](#) , [Autumn2023](#)

Course code	4NT000
Course name	Diet and health - scientific evidence, recommendations and sustainability
Credits	10 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Nutrition Science
Level	AV - Second cycle
Grading scale	Fail (U), pass (G) or pass with distinction (VG)
Department	Department of Biosciences and Nutrition
Decided by	Education committee BioNut
Decision date	2021-08-19
Course syllabus valid from	Spring 2022

## **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**

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

- account for global health problems in relation to nutrition and be familiar with relevant global documents, including the UN Sustainable Development Goals 2030, and organizations.
- briefly describe different types of studies within nutritional epidemiology, their strengths and limitations and explain methods for compiling and evaluating the scientific evidence underlying the relationship between diet and health.
- explain the principles behind nutritional recommendations and food-based dietary guidelines, how these two differ and why the latter can 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 science, environment and recommendations.
- reflect on his/her own learning process and strengthen his/her skills in communicating in and in front of a group.
- identify his/her need for further knowledge and continued knowledge development in the area of this course.

## Content

The course gives an introduction to global health problems in relation to nutrition as well as relevant global documents and organizations, including the UN's sustainable development goals. The course further deals with how different types of studies contribute to the scientific evidence and development of nutrition science as well as methods for how this evidence is evaluated. The principles behind nutritional recommendations and food-based dietary guidelines are discussed and how these two differ from each other. The course deals with environmental aspects of different food groups and methods for how environmental impact can be investigated. The interaction between the three areas of 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 and reflecting on his/her own learning process.

## Teaching methods

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

## Examination

The examination consists of an oral presentation and a written take-home exam (graded Pass with distinction/Pass/Fail). The grading criteria for all examinations are provided in the study guide or at Canvas.

In the case a student fail an assignment, it can be resubmitted a maximum of five more times. After six failed assignments, 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 compulsory. 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 adaptations 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 activities, etc. Content and learning outcomes as well as the level of expected skills, knowledge and abilities must not be altered, removed or lowered.

## Other directives

The course language is English.

A course evaluation will be conducted according to guidelines decided by the Committee for Higher Education at KI. Oral evaluation will be carried out during the course.

## **Literature and other teaching aids**

Reports, articles and other prescribed literature are listed at course start and will be available electronically.