



**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 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:

Spring2022 , Autumn2022 , Autumn2023 , Spring2024

|                            |   |
|----------------------------|---|
| 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              | Pass with distinction, Pass, Fail   |
| Department                 | Department of Biosciences and Nutrition                                   |
| Decided by                 | Education committee BioNut  |
| Decision date              | 2021-08-19  |
| Revised by                 | Education committee BioNut  |
| Last revision              | 2022-03-11  |
| Course syllabus valid from | Autumn 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.

- apply basic statistics analysis and interpret the results.
- 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. Basic biostatistics is also included. 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, journal club and discussions and a group work. A practical assessment of the student's own dietary intake is included.

## Examination

The examination consists of a group work (graded Pass/Fail), individual assignments, and a written take-home exam (graded Pass with distinction/Pass/Fail). To pass the course, all assignments must fulfil the criteria for Pass. Final grade is based on the take-home exam. The grading criteria for all examinations are provided in Canvas.

In the case a student fail an assignment, the individual assignment or individual question in the take-home exam can be complemented to get a Pass on that individual assignment or question. The assignment can be resubmitted a maximum of five more times. After six failed assignments, no further examination opportunities will be given for that assignment. If the student has not submitted complementation at given deadline, grad Fail is given. 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:

Group work and some seminars are compulsory. The examiner 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 examiner's instructions, the student's study results cannot be finalized. 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.