

Course analysis (course evaluation)

Course code 4NT000	Course title Diet and health – scientific evidence, recommendations and sustainability	Credits 10
Semester Autumn -25	Period First period (1 Sep-14 Oct)	
Course coordinator Magdalena Rosell	Examiner Magdalena Rosell	
Teacher in charge of component Magdalena Rosell	Other participating teachers Emilie Helte, Fredrik Söderlund, Anna-Maria Lampousi, Elinor Hallström, Ellinor Nilsson, Christina Alexandrou, Elin Röös, and others	
Number of registered students during the three week check 33	Number approved on the last course date	Response frequency course valuation survey 91 %
Other methods for student influence (in addition to concluding course valuation) Discussions during the course as well as an oral course evaluation at the end of the course. A course council with three student representatives after the course (14/11).		
Feedback reporting of the course valuation results to the students The students were informed via an announcement at Canvas 17/11		

1. Description of any conducted changes since the previous course occasion based on the views of former students

This is the fourth time the course has been offered, and its overall structure appears to work well. No major changes were made compared to last year, although some adjustments were introduced to the instructions, for example, requiring page numbers with references. This also changed the way some of the course literature was uploaded, as PDF-files rather than webpages, which probably changed the approach to the reading preparations.

2. Brief summary of the students' valuations of the course

Overall, students were satisfied with the course. In the course evaluation, which included new question formats compared to previous years, 70% of the students rated 5 or 6 on a 1–6 scale when asked if they agreed that the course as a whole was good. The mean score was 5.0. For all other questions in the electronic evaluation, all mean scores were above 5.0, except for the question on workload for which the mean score was 4.5. A too high workload reported by several students was the main area for improvement next year. Additionally, seminar discussions could be made more efficient.

3. The course coordinator's reflections on the implementation and results of the course

Strengths of the course: Overall, the course worked well in terms of content and structure. It covered relevant and fundamental topics in nutrition science that the students need for the coming courses. The teaching methods, such as frequent discussions and the fish debate, were appreciated. The students also appreciated that the teachers were available and supportive.

Weaknesses of the course: The main concern this year was the high workload, which may partly stem from changes in reference requirements and the addition of PDF files. The seminar discussions could also be more efficient. It is also a challenge to meet all students' expectations due to their diverse backgrounds and varying levels of prior knowledge in nutrition, epidemiology, and statistics. Furthermore, the Swedish software Dietist is functional but not ideal for international students.

4. Course coordinator's conclusions and any suggestions for changes

Based on the feedback and the analysis above, the following changes are planned for next year:

- Reduce the amount of reading required for seminar preparations – this will significantly lower the workload.
- Restructure the content and activities on the seminars and spend less time to discuss the preparation questions and more time for discussing new aspects and content not covered in the preparations (for example how to interpret dose-response analyses, food groups not included in the preparations, PAL-values and energy needs, climate change and planetary health).
- Allocate more time for preparing for the fish debate
- Schedule the academic writing workshops on one day (a “writing day”).

Additional adjustments will also be made, for example regarding some instructions and the preparation questions for the written exam.