

NUTRITION

LEVEL: MASTER 1

PERIOD: SEMESTER 2

LANGUAGE: EN (FR IN ANOTHER PERIOD OF S2)

ECTS: 3

TEACHER/COORDINATOR: LUCILE GABEREL



1-Main objectives

- › Acquire fundamental notions of nutrition.
- › Understand the importance of nutrition in an agrifood company and its place in strategy, communication, new product development, etc.
- › Know the regulations about food and nutrition labeling.
- › Have an overview of nutrition issues and politics around the world.

2-Skills developed

- › Calculation of a human food ration and of the nutritional values of a food product
- › Nutritional audit approach
- › Researches on official websites

3-General content

- › Fundamentals in nutrition: nutritional needs for different groups of population, balanced diet, link between nutrition and health
- › Regulations about food and nutritional labeling
- › Nutrition approach in food companies, nutritional audit methodology
- › Nutrition situation and policies around the world
- › Visit of Danone Research Center

4- Evaluation

Oral presentation 40%

Written exam 60%

5- Program

1	2	3	4 and 5
Wed. 21/02	Thu. 22/02	Mon. 26/02	Fri. 02/03
Lecture	Lecture	Lecture	Lecture + practical
Nutrition basics Balanced diet	Balanced diet Practical Food ration calculation	Specific populations nutritional needs Health issues related to nutrition	Nutrition labeling Self-directed time Research for group project

6 and 7	8	9	10
Wed. 14/03	Thu. 15/03	Wed. 21/03	Fri. 23/03
Outing	Lecture + practical	Oral presentations	EXAM
Danone Research Center	Nutrition in an agrifood company Nutritional audit approach	Group project	