

# 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
<b>Lecture</b>	<b>Lecture</b>	<b>Lecture</b>	<b>Lecture + practical</b>
Nutrition basics Balanced diet	Balanced diet <b>Practical</b> Food ration calculation	Specific populations nutritional needs Health issues related to nutrition	Nutrition labeling <b>Self-directed time</b> Research for group project

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<b>6 and 7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Outing</b>	<b>Lecture + practical</b>	<b>Oral presentations</b>	<b>EXAM</b>
Danone Research Center	Nutrition in an agrifood company Nutritional audit approach	Group project	