

BES 349 Nutrition Education

Faculty of Health Sciences– Compulsory course

Credit: 2 ECTS: 2



Course Description: This course provides a comprehensive exploration of educational models, instructional strategies, and program development techniques in the context of sustainable nutrition. Participants will gain insights into effective teaching methodologies, creating educational materials, and developing and evaluating nutrition programs.

Course Outcomes:

- Develop an understanding of various education and training models, with a focus on their application in the field of sustainable nutrition.
- Analyze the impact of educational strategies on promoting sustainable and healthy eating habits.
- Demonstrate proficiency in creating engaging and effective instructional materials for nutrition education.
- Apply critical thinking skills to evaluate the effectiveness of nutrition education programs, considering sustainability principles.
- Explore factors influencing food choices and their relationship to sustainable practices.
- Integrate literacy skills into nutrition education, fostering a holistic approach to food literacy and sustainability.