

BES 417 Mediterranean Diet and Health I

Faculty of Health Sciences- Compulsory course

Credit: 3 ECTS: 5



Course Description: This course explores the principles and impact of the Mediterranean diet on health, offering a comprehensive understanding of its definition, components, and the mechanisms underlying its effects. Through lectures, literature reviews, class discussions, and practical exercises, students will gain knowledge on the relationship between the Mediterranean diet and various aspects of health.

Course Outcomes:

- Analyze the components of the Mediterranean diet and their role in promoting sustainable health.
- Evaluate the effects of the Mediterranean diet on different aspects of health, considering cultural, environmental, and social sustainability.
- Demonstrate an understanding of relevant research topics through literature reviews, emphasizing the sustainability implications of dietary choices.
- Engage in class discussions on the broader implications of the Mediterranean diet, connecting it to global sustainability challenges.
- Develop effective communication skills through report writing, with an emphasis on articulating sustainability considerations related to dietary habits.
- Collaborate with peers in the formulation and presentation of class discussions, integrating sustainability concepts into the discourse.
- Create a draft of a comprehensive report outlining the general information and principles of the Mediterranean diet, incorporating sustainability principles.
- Identify and discuss mechanisms underlying the Mediterranean diet's impact on health, emphasizing sustainable practices.
- Navigate and critically assess current literature to inform discussions and class presentations on specific student-assigned topics related to the Mediterranean diet and health.
- Finalize, submit and present a well-structured report, applying sustainability principles in the synthesis of information on the Mediterranean diet and health.