

Module: SE1 Nutrition of Healthy Humans 1		
Exam: SE1 Nutrition of Healthy Humans 1	LV.-No.:	ECTS-Points: 5 CP
Recommended Semester: 3rd Semester	Module: Mandatory	Language: German
Responsible lecturer: Prof. Dr. Ursel Wahrburg	Cycle: Winter Term	Registration information:
Lecturer in charge: Prof. Dr. Ursel Wahrburg, Prof. Dr. Anja Markant		
Learning outcomes	Students are able <ul style="list-style-type: none"> • to record and evaluate the nutritional status of a person or a target group. • to explain nutritional and physiological basics and deduce the processes in metabolism. • to deduce target-group specific, food-based and practical recommendations for optimal nutrient intake on the basis of national and international scientific standards and critically reflect actual dietary recommendations. 	
Form of exam	Written exam (90 min)	
Form of teaching	<ul style="list-style-type: none"> • Seminaric lecture 	
Course contents	<ul style="list-style-type: none"> • Dietary assessment methods • Intermediary metabolism • Optimal nutrient intake for healthy persons and implementation in dietary practice • Characterization of risk groups with specific food requirements • Alternative ways of nutrition • Basics of preventive nutrition • Validity of dietary recommendations 	
Workload	Presence (4 SWS): Preparation and follow-up: Sum:	60 h 90 h 150 h
Requirements	None	
Literature	<ul style="list-style-type: none"> • Lecture notes • Deutsche Gesellschaft für Ernährung (DGE): Referenzwerte für die Nährstoffzufuhr. Frankfurt am Main: Umschau/Braus • Elmadfa I, Leitzmann C: Ernährung des Menschen. Stuttgart. Eugen Ulmer Verlag GmbH & Co • Hahn et al.: Ernährung: Physiologische Grundlagen, Prävention, Therapie. Wissenschaftliche Verlagsgesellschaft gMh, Stuttgart 	