



Master in Life Sciences

A cooperation between
BFH, FHNW, HES-SO, ZFH

Module	Food for Specific Target Groups
Code	MSLS_FNH-4
Degree Program	Master of Science in Life Sciences (MSLS)
ECTS Credits	5
Workload	150 h: contact 64h, self-study: 86h
Module Coordinator	<p>Name Dr. Steffen Theobald</p> <p>Phone +41 31 848 45 19</p> <p>Email steffen.theobald@bfh.ch</p> <p>Address Bern University of Applied Sciences, Health Division Murtenstrasse 10, CH-3008 Bern, Switzerland</p>
Lecturers	<ul style="list-style-type: none"> • Julia Eisenblätter (BFH-Health) • Prof. Dr. David Fäh (BFH-Health) • Sandra Jent (BFH-Health) • Dr. Samuel Mettler (BFH-Health) • Silvia Kurmann (BFH-Health) • Dr. Steffen Theobald (BFH-Health)
Entry Requirements	<p>General understanding of the following topics is an advantage:</p> <ul style="list-style-type: none"> • Physiology and Biochemistry • Human Nutrition • Food Sciences
Learning Outcomes and Competences	<p>After completing the module students will be able to:</p> <ul style="list-style-type: none"> • describe the specific food needs of selected demographic and patient groups • analyse difficulties in transferring diets with special foods into practice • discover potential adverse effects of specific diets and weigh advantages against disadvantages • develop new topics with different learning methods autonomously
Module Content	<ul style="list-style-type: none"> • Life Cycle nutrition – with focus on: nutrition for the elderly • Patients with <ul style="list-style-type: none"> ○ Malnutrition ○ Food intolerances ○ Food allergies ○ Celiac disease ○ Cardiovascular diseases • Current trends in nutrition for healthy individuals • Sports Nutrition
Teaching / Learning Methods	<ul style="list-style-type: none"> • Lectures and seminars • Exercises, Case studies • Self-study
Assessment of Learning Outcome	Oral examination (100 %)
Bibliography	<ul style="list-style-type: none"> • Escott-Stump S, 2015. Nutrition and diagnosis-related care (8th ed.). Wolters Kluwer Health/Lippincott Williams & Wilkins, Philadelphia.

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	<ul style="list-style-type: none"> • Kaeberlein M, 2016. Handbook of the biology of aging (Eighth edition). Elsevier, Amsterdam • Lomer M, 2014. Advanced nutrition and dietetics in gastroenterology. John Wiley & Sons Inc, Chichester, West Sussex. • Raymond, JL. Morrow K (ed.), 2020. Krause and Mahan’s Food and the nutrition care process (15th ed.). Elsevier, St. Louis, Missouri. • Metcalfe DD, 2013. Food allergy. Adverse reactions to foods and food additives (Fifth edition). Wiley-Blackwell, Chichester. • Payne-James J (ed.), 2012. Artificial nutrition and support in clinical practice (2nd ed.). Cambridge Univ. Press, Cambridge • Sobotka L (ed.), 2019. Basics in clinical nutrition. Edited for ESPEN courses (5th ed.). Galén, Prague. • Byrd-Bredbenner C, Moe G (ed) 2021. Wardlaw's perspectives in nutrition (12th ed.). McGraw-Hill, New York, N.Y.
Language	English
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