



# Master in Life Sciences

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

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| <b>Module Title</b>                       | <b>Food for Specific Target Groups</b>   |
| <b>Module Code</b>                        | MCLs335  |
| <b>Module</b>                             | FNH-4  |
| <b>Degree Program</b>                     | Master of Science in Life Sciences (MSLS)  |
| <b>ECTS Credits</b>                       | 5  |
| <b>Workload</b>                           | 150 h: Contact 64 h; Self-study: 86 h  |
| <b>Module Coordinator</b>                 | <p><b>Name</b> Dr. Steffen Theobald</p> <p><b>Phone</b> +41 31 848 45 19</p> <p><b>Email</b> steffen.theobald@bfh.ch</p> <p><b>Address</b> Bern University of Applied Sciences, School of Health, Murtenstrasse 10, 3008 Bern, Switzerland</p>   |
| <b>Lecturers</b>                          | <ul style="list-style-type: none"> <li>• Dr. Julia Eisenblätter (BFH-Health)</li> <li>• Prof. Dr. David Fäh (BFH-Health)</li> <li>• Prof. Dr. Sandra Jent (BFH-Health)</li> <li>• Dr. Samuel Mettler (BFH-Health)</li> <li>• Silvia Kurmann (BFH-Health)</li> <li>• Dr. Steffen Theobald (BFH-Health)</li> </ul>   |
| <b>Entry Requirements</b>                 | <p>General understanding of the following topics is an advantage:</p> <ul style="list-style-type: none"> <li>• Physiology and Biochemistry</li> <li>• Human Nutrition</li> <li>• Food Sciences</li> </ul>  |
| <b>Learning Outcomes and Competencies</b> | <p>After completing the module, students should be able to:</p> <ul style="list-style-type: none"> <li>• describe the specific food needs of selected demographic and patient groups;</li> <li>• analyse difficulties in transferring diets with special foods into practice;</li> <li>• discover potential adverse effects of specific diets and compare the advantages and disadvantages;</li> <li>• autonomously develop new topics by using different learning methods.</li> </ul> |
| <b>Module Content</b>                     | <ul style="list-style-type: none"> <li>• Life cycle nutrition – with the focus on nutrition for the elderly</li> <li>• Patients with <ul style="list-style-type: none"> <li>○ malnutrition</li> <li>○ food intolerances</li> <li>○ food allergies</li> <li>○ celiac disease</li> <li>○ cardiovascular diseases</li> </ul> </li> <li>• Current trends in nutrition for healthy individuals</li> <li>• Sports nutrition</li> </ul>   |
| <b>Teaching and Learning Methods</b>      | <ul style="list-style-type: none"> <li>• Lectures and seminars</li> <li>• Exercises and case studies</li> <li>• Self-study</li> <li>• All classes are held onsite at BFH-G, Schwarztorstrasse 48, 3007 Bern</li> </ul>   |
| <b>Assessment of Learning Outcomes</b>    | Oral examination (100%) held between 5-7 May 2025  |
| <b>Bibliography</b>                       | <ul style="list-style-type: none"> <li>• Escott-Stump S, 2021. Nutrition and diagnosis-related care (9th edition). Wolters Kluwer Health/Lippincott Williams &amp; Wilkins, Philadelphia</li> </ul>  |

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|                    | <ul style="list-style-type: none"> <li>• Kaeberlein M, 2016. Handbook of the biology of aging (8th edition). Elsevier, Amsterdam</li> <li>• Lomer M, 2014. Advanced nutrition and dietetics in gastroenterology. John Wiley &amp; Sons Inc, Chichester, West Sussex</li> <li>• Raymond JL, Morrow K (eds.), 2020. Krause and Mahan´s Food and the nutrition care process (15th edition). Elsevier, St. Louis, Missouri</li> <li>• Metcalfe DD, 2013. Food allergy. Adverse reactions to foods and food additives (5th edition). Wiley-Blackwell, Chichester.</li> <li>• Payne-James J (ed.), 2012. Artificial nutrition and support in clinical practice (2nd edition). Cambridge University Press, Cambridge</li> <li>• Sobotka L (ed.), 2019. Basics in clinical nutrition. Edited for ESPEN courses (5th edition). Galén, Prague</li> <li>• Byrd-Bredbenner C, Moe G (eds.), 2021. Wardlaw's perspectives in nutrition (12th edition). McGraw-Hill, New York</li> </ul> |
| <b>Language</b>    | English  |
| <b>Last Update</b> | 03.02.2025/Steffen Theobald  |