



Master in Life Sciences

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

Module Title	Food for Specific Target Groups
Module Code	MCLs335
Module	FNH-4
Degree Program	Master of Science in Life Sciences (MSLS)
ECTS Credits	5
Workload	150 h: Contact 64 h; Self-study: 86 h
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, School of Health, Murtenstrasse 10, 3008 Bern, Switzerland</p>
Lecturers	<ul style="list-style-type: none"> • Dr. Julia Eisenblätter (BFH-Health) • Prof. Dr. David Fäh (BFH-Health) • Prof. Dr. 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 Competencies	<p>After completing the module, students should 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 compare the advantages and disadvantages; • autonomously develop new topics by using different learning methods.
Module Content	<ul style="list-style-type: none"> • Life cycle nutrition – with the 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 and Learning Methods	<ul style="list-style-type: none"> • Lectures and seminars • Exercises and case studies • Self-study • All classes are held onsite at BFH-G, Schwarztorstrasse 48, 3007 Bern
Assessment of Learning Outcomes	Oral examination (100%), held between 4-6 May 2026
Bibliography	<ul style="list-style-type: none"> • Escott-Stump S, 2021. Nutrition and diagnosis-related care (9th edition). Wolters Kluwer Health/Lippincott Williams & Wilkins, Philadelphia

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