# Module Food for Specific Target Groups

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<th>Code</th>
<th>MSLS_FNH-4</th>
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<tr>
<td>Degree Program</td>
<td>Master of Science in Life Sciences (MSLS)</td>
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<tr>
<td>ECTS Credits</td>
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<tr>
<td>Workload</td>
<td>150 h: contact 64h, self-study: 86h</td>
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<tr>
<td><strong>Module Coordinator</strong></td>
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## Lecturers
- Julia Eisenblätter (BFH-Health)
- Dr. David Fäh (BFH-Health)
- Sandra Jent (BFH-Health)
- Dr. Helena Jenzer (BFH-Health)
- Silvia Kurmann (BFH-Health)
- Dr. Leila Sadeghi (BFH-Health)
- Dr. Steffen Theobald (BFH-Health)

## Entry Requirements
General understanding of the following topics is an advantage:
- Physiology and Biochemistry
- Human Nutrition
- Food Sciences

## Learning Outcomes and Competences
After completing the module students will be able to:
- 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
- Life Cycle nutrition – with focus on: nutrition for the elderly
- Patients with
  - Malnutrition
  - Food intolerances
  - Food allergies
  - Celiac disease
  - Cardiovascular diseases
- Current trends in nutrition for healthy individuals
- Nutrigenomics

## Teaching / Learning Methods
- Lectures and seminars
- Exercises, Case studies
- Self-study

## Assessment of Learning Outcome
Oral examination (100 %)

## Bibliography
Saunders, Philadelphia.


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<tr>
<th>Language</th>
<th>English</th>
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<td>Last Update</td>
<td>04.04.2017 / Steffen Theobald</td>
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