

# Global Learning Semesters

## Course Syllabus

Course: EDUC-227 Dietetics

Department: Education

Host Institution: University of Nicosia, Nicosia, Cyprus



| Course Summary   |                 |                          |
|------------------|-----------------|--------------------------|
| Course Code      | Course Title    | Recommended Credit Hours |
| EDUC-227         | Dietetics       | 3                        |
| Semester Offered | Contact Hours   | Prerequisites            |
| Spring           | 42              | None                     |
| Department       | Level of Course | Language of Instruction  |
| Education        | Lower Division  | Greek                    |

### Course Description

Food properties. Metabolism. Water and salts. Carbohydrates, proteins and vitamins. Calories. Milk and milk products. Vegetables and fruits. Bread, cereals, pulses, tea, coffee. Hormones and food. Diet practices. Constipation. Fatness. Children's' diet.

### Instructor

Dr Anastasia Symeou

### Course Aims and Objectives

Understand the importance of a good diet and what kinds of foods and substances the child needs for a healthy development.

### Teaching Methods

The course is delivered through a mixture of lectures and practical exercises and assignments.

### Course Teaching Hours

42 hours. The course is delivered during the spring semester in 14-weeks (3 hours/week).

### Evaluation and Grading

Homework: 20%  
Mid-Term: 30%  
Final Exam: 40%  
Participation: 10%

### Readings and Resources

**Required Textbook**

Papanikolaou, G. (1994). Contemporary nutrition.