## Georg-August-Universität Göttingen Universität Kassel/Witzenhausen Module M.SIA.I09: Sustainable nutrition

## Learning outcome, core skills: Students are able to describe the role of nutrition in human health use databases for RDA describe the influence of nutrition (from farm to fork) on environmental parameters (soil, water, atmosphere, biodiversity) understand tools to measure "sustainability" in nutrition systems. C/Weekly lecture hours in total: Attendance time: 60 h Self-study time: 120 h

## Course: Sustainabe nutrition (Lecture, Excursion) Contents: Culture and cultural patterns of nutrition Interactions of food quality and lifestyle on human health Recommended Dietary Allowances (RDA), tools to evaluate nutritional and health status Product flow in the food supply chain (world wide and from farm to fork) Databases and tools to describe nutrition systems (e.g. Life cycle assessment) Greenwashing or real green? Logos, guidelines, legal aspects Examination: Präsentation, Referat oder Korreferat (ca. 15 Minuten, Gewichtung: 50%) mit schriftlicher Ausarbeitung (max. 15 Seiten, Gewichtung: 50%)

Admission requirements: none	Recommended previous knowledge: Basic knowledge on biochemistry, statistics and environmental issues
Language: English	Person responsible for module: Prof. Dr. agr. Angelika Ploeger
Course frequency: each winter semester; Witzenhausen	Duration: 1 Semester[s]
Number of repeat examinations permitted: twice	Recommended semester:
Maximum number of students: 40	

## Additional notes and regulations:

Literature:

Will be provides via the system2teach platform.