



UNIVERSITÀ  
CATTOLICA  
del Sacro Cuore



**Ramon Llull University, IQS School of Management - Barcelona  
Catholic University of the Sacred Heart - Milan  
Franklin University Switzerland - Lugano  
Forum-Nexus Program  
Undergraduate Division**

**Course Syllabus**

**NURS 492-SIS  
Fundamentals of Nutrition: U.S. and European Perspectives**

**Course Description**

This course will cover the science and fundamentals of human nutrition. Topics covered include nutritional requirements related to changing individual and family needs, food choices, health behaviors, food safety, prevention of chronic disease and nutrition-related public health in the United States and the world, with a particular emphasis on the European Union.

**Course Requirements**

This course requires independent research, organization, and academic discipline. Students are expected to complete the required and additional readings in pace with their assignments and the course outline. Students will meet with their SIS Supervising Professor regularly throughout the course for consultation and assistance. There will be an oral presentation, a final exam, and four essay assignments.

**Textbook**

**Nutrition: Concepts and Controversies**

by F.Sizer and E. Whitney

Boston, MA: Cengage Learning, 16<sup>th</sup> edition, 2022

**Course Outline:**

- Healthy food choices and the human body
  - Chapter 1 – Food Choices and Human Health
  - Chapter 3 – The Remarkable Body
- Nutrition Standards and Guidelines
  - Chapter 2 – Nutrition Tools – Standards and Guidelines
- Nutrition Standards and Guidelines in the European Union
  - Nutrition Standards and Guidelines in Spain

- Nutrition Standards and Guidelines in Italy
- Nutrition Standards and Guidelines in France
- Nutrition Standards and Guidelines in the Netherlands
- Nutrition Standards and Guidelines in Greece
- Carbohydrates, Lipids, and Proteins
  - Chapter 4 – The Carbohydrates: Sugar, Starch, Glycogen, and Fiber
  - Chapter 5 – The Lipids: Fats, Oils, Phospholipids, and Sterols
  - Chapter 6 – The Proteins and Amino Acids
- Vitamins, water, and minerals
  - Chapter 7 – The Vitamins
  - Chapter 8 – Water and Minerals
- Nutrition Through the Lifespan
  - Chapter 13 – Life Cycle Nutrition: Mother and Infant
  - Chapter 14 – Child, Teen, and Older Adult
- Energy balance, healthy weight, and fitness
  - Chapter 9 – Energy Balance and Healthy Body Weight
  - Chapter 10 – Performance Nutrition
- Nutrition and disease
  - Chapter 11 – Nutrition and Chronic Disease
- Hunger and the future of food
  - Chapter 15 – Hunger and the Future of Food
- Food safety
  - Chapter 12 – Food Safety and Food Technology

**Essay #1 (minimum length: 500 words)**

- Describe the ways in which food choices impact a person's health

**Essay #2 (minimum length: 1000 words)**

- Compare and contrast the nutrition standards and guidelines in the U.S. with those in:
  - Spain
  - Italy
  - France
  - The Netherlands
  - Greece

**Essay #3 (minimum length: 1000 words)**

- Explain the main nutritional issues related to
  - Pregnant women
  - Infants
  - Children
  - Teens
  - Older adults

### **Essay #4 (minimum length: 1000 words)**

- Describe the main elements of the Mediterranean Diet?
- Where is it prevalent?
- Why is it considered a recommended diet?
- What does the scientific evidence show?

### **Presentation**

Deliver a 15-minute PowerPoint presentation summarizing the main issues learnt in this course.

### **Components of Final Grade**

Essay #1	10%
Essay #2	10%
Essay #3	10%
Essay #4	10%
Presentation	10%
Final exam	50%

### **Grading Scale**

93-100 %	A
90-92.9 %	A-
87-89.9 %	B+
83-86.9 %	B
80-82.9 %	B-
77-79.9 %	C+
73-76.9 %	C
70-72.9%	C-
67-69.9 %	D+
63-66.9 %	D
60-62.9 %	D-
Below 60 %	F

### **Academic Integrity**

Ramon Llull University, Franklin University Switzerland, and the Catholic University of the Sacred Heart place a high value on the integrity, good conduct, and academic honesty of all students. Students are expected to maintain high standards of academic integrity at all times. Any instance of academic dishonesty, including plagiarism, will result in a grade of F for the course.