

## *The Hebrew University of Jerusalem*

### *Syllabus*

## *Introduction to Public Health Nutrition - 95210*

*Last update 02-10-2022*

*HU Credits:* 2

*Degree/Cycle:* 2nd degree (Master)

*Responsible Department:* Public Health - International Prog.

*Academic year:* 0

*Semester:* 1st Semester

*Teaching Languages:* English

*Campus:* Ein Karem

*Course/Module Coordinator:* Ms Rebecca Goldsmith

*Coordinator Email:* [gorebecca@gmail.com](mailto:gorebecca@gmail.com)

*Coordinator Office Hours:* By appointment

*Teaching Staff:*

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Ms. Rebecca Goldsmith

Course/Module description:

The course will cover four broad areas:

- a. Public health nutrition- definition, community assessment, program planning, sustainability
- b. Nutrition in health and disease-a public health perspective- within the life cycle, and related to excesses and deficiencies
- c. Nutrition and dietary assessment methodology- surveys, questionnaires.
- d. Other public health nutrition issues.

The emphasis will be on applicability, and numerous examples will be presented. Students will be encouraged to take an active part in discussions, and will be asked to apply their knowledge of their home country situations in their case studies and in class work.

Course/Module aims:

Exposure to principles of nutrition and dietary assessment, to major nutritional problems within public health, to various approaches to alleviation and solution of problems.

Learning outcomes - On successful completion of this module, students should be able to:

Apply public health principles to assessment and interventions planning in the field of public health nutrition.

Attendance requirements(%):

80

Teaching arrangement and method of instruction: Class presentations (lecturers)

Course/Module Content:

Introduction to public health nutrition, course overview and assessment, Needs definitions (by students). Lifecycle Nutrition, Noncommunicable diseases, Malnutrition, Nutrition assessment, Dietary assessment, Nutrition Surveys, GM foods, sustainability, program planning, Food security, Food pyramids.

Required Reading:

A reading list will be provide at the begi9nning of the course

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Additional Reading Material:

See above

Course/Module evaluation:

End of year written/oral examination 0 %

Presentation 25 %

Participation in Tutorials 0 %

Project work 70 %

Assignments 0 %

Reports 0 %

Research project 0 %

Quizzes 0 %

Other 5 %

Class Participation

Additional information:

None