Syllabus Preventive Nutrition – 066605 Spring 2021

Assoc. Prof. Esthi Meyron-Holtz

Attendance in this class is mandatory. Also, this class will be held in English if any one student requests so. It is open for students that do not speak Hebrew.

Tuesdays 14:30 – 16:30 or 17:30
Room 247
2 credits - Course is given in three blocks.

1. Introduction lectures April 6 – May 4
2. Group-work with individual counseling for project development. 3. Class-work on the developed projects

Date	Time	Tentative Subjects
April 6	14:30 – 16:20	Diet modifications and how to measure their effects. Introduction to nutritional research.
April 13	14:30 – 16:20	Introduction to nutrition to boost the immune system
April 20	14:30 – 16:20	Introduction to nutrition to prevent cardio-vascular diseases
April 27	14:30 – 16:20	Introduction to nutrition to prevent cancer. **Groups and research questions**
May 4	14:30 – 16:20	Introduction to nutrition to prevent neurodegeneration. **Groups and research questions**
May 11		Group work
May 19		Group work
May 25		Group work
June 1	14:30 – 17:20	Project presentations and discussions
June 8	14:30 – 17:20	Project presentations and discussions
June 15	14:30 – 17:20	Project presentations and discussions
June 22	14:30 – 16:20	Discussion of changes made in response to class discussions
June 29	14:30	Project submissions (and integration, if we feel like it)

Prerequisite: Nutrition - 064615 or ask for admission

Course Goals and Description

The aim of this course is to present to students basic knowledge in preventive nutrition and to practice the development of a research project in preventive nutrition.

The specific goals are:
1) To introduce some major fields of prevention of Western diseases with nutritional means.
2) To learn how hypotheses are developed in the field of preventive nutrition and how they are tested.

The course is based on lectures, group work, active discussion in class and within groups and class presentations.
Students are expected to perform literature searches and read relevant papers.

Learning Outcomes

On successful completion of this course, students should be able to:

1. Describe, different syndromes in which nutritional intervention can prevent the disease or bring some relief.
2. Describe, how the effects of nutritional intervention can be measured
3. Develop a hypothesis driven research project

Assignments and Grading Procedures

There is no final exam. Grades are based on class participation, one main and one small follow-up group presentation – which are also submitted as pdf or powerpoint files and a final written project that is handed in on June 29.
If meeting on campus will not be possible the same program will be held on “zoom”.

Academic Integrity

Any work submitted by a group of students in this course for academic credit will be the group of student's own work. Students are expected to give credit and use proper scientific citation in their oral presentations and written work.