

## DRAFT SYLLABUS

### Nutrition and Public Health

July 7-11, 2019 | Course No. 0158.1159 / 0466.4007

<b>Course Coordinator:</b>	Sigal Eilat-Adar (Tel Aviv University)
<b>Course Instructors:</b>	Josefa Kachal (Israel Ministry of Health), Ronit Endvelt (Israel Ministry of Health)
<b>Date &amp; Time:</b>	July 7-11, 2019   S, M, Th 14:00-18:30 / T, W 14:00-19:00
<b>Final Exam:</b>	July 12, 2019   9:00-11:00
<b>Location:</b>	Sackler Faculty of Medicine, Tel Aviv University
<b>Teaching Assistant:</b>	TBA
<b>Course Documents:</b>	TBA

***This course is part of the Food Safety and Security Summer Institute.***

MOH: Ministry of Health | TAU: Tel Aviv University

### Pre-requisites & Intended Audience

No pre-requisites.

The course is intended for Master's and PhD level students or above.

### Academic Credit & Course Requirements

2 Academic Credits (4 ECTS). Participants must pass the final exam with a grade of 60 (D). Noncredit participants will receive a certification of participation and are not required to take the final exam, but are expected to participate. The exam accounts for 100% of the course grade.

### Course Description

The one-week, intense course will present the nutritional aspects of public health challenges that occur throughout life in different settings. It will introduce major methods and tools to assess, plan, and implement nutritional interventions at personal, people-centered care, as well as at household, community, national, and global levels. The significant role of food and nutrition in human development, health, and disease prevention will be highlighted.

**Course Timetable**

<b>Sunday, July 7 (Day 1) – Lecturer: Sigal Eilat-Adar</b>	
14:00-14:15	Welcome and Introductions
14:15-15:30	Nutrition at a glance (essential nutrients, food)
15:30-16:00	Break
16:00-17:30	Food insecurity
17:30-17:45	Break
17:45-18:30	Basic definition in nutritional health promotion: vitamins, minerals: DRI, RDA, UL, food sources
<b>Monday, July 8 (Day 2) – Lecturer: Sigal Eilat-Adar</b>	
14:00-15:30	Nutrition during pregnancy <b>Lecturer: Sigal Eilat-Adar</b>
15:30-16:00	Break
16:00-17:30	Pediatric nutrition <b>Lecturer: Sigal Eilat-Adar</b>
17:30-17:45	Break
17:45-18:30	Nutrition – From data to recommendations <b>Lecturer: Sigal Eilat-Adar</b>
<b>Tuesday, July 9 (Day 3) – Lecturer: Sigal Eilat-Adar</b>	
14:00-15:30	Nutritional status and surveillance
15:30-16:00	Break
16:00-17:15	Nutrition and dietary surveys: Planning and implementation
17:15-17:30	Break
17:30-19:00	Understanding food labeling and claims

<b>Wednesday, July 10 (Day 4) – Lecturers: Sigal Eilat-Adar and Josefa Kachal</b>	
14:00-15:30	Nutrition and dietary care for the elderly with a focus on malnutrition <b>Lecturer: Josefa Kachal</b>
15:30-15:45	Break
15:45-16:30	The triple strategy for treating a nutritional problem: anemia and neural tube defects as examples <b>Lecturer: Josefa Kachal</b>
16:30-17:15	Nutrition – From data to recommendations <b>Lecturer: Sigal Eilat-Adar</b>
17:15-17:30	Break
17:30-18:15	Nutrition – From data to recommendations <b>Lecturer: Sigal Eilat-Adar</b>
18:15-19:00	Nutritional assessment - Exercise <b>Lecturer: Sigal Eilat-Adar</b>
<b>Thursday, July 11 (Day 5) – Lecturers: Sigal Eilat-Adar and Ronit Endvelt</b>	
14:00-15:30	Nutrition policy to promote healthy living <b>Lecturer: Ronit Endvelt</b>
15:30-16:00	Break
16:00-16:45	Food labels – Exercise <b>Lecturer: Sigal Eilat-Adar</b>
16:45-17:00	Break
17:00-18:10	Making a nutritional change in a developing world: examples from Sri Lanka and Peru <b>Lecturer: Sigal Eilat-Adar</b>
18:10-18:30	Certificate ceremony and class photo
<b>Friday, July 12 (Final Exam)</b>	
09:00-11:00	Room TBA, Sackler Faculty of Medicine