

UP : S8-OPT-B UE : S8-NUSAN	ISARA4 / S8	Numbers of student hours						
Food, Health and Sociology	Carole CHAZOULE	Lectures 37.00 h	Tutorials -	Practicals 8.00 h	Field trips 8.00 h	Supervised work 16.00 h	Project work 25.00 h	Evaluation 1.00 h
ECTS : 4								

OBJECTIVES:

Knowledge and skills you will acquire:

Please take note : UNIT IN ENGLISH

At the end of this module , you will have acquired the following skills:

- Understand that the implementation of food change requires a sociological understanding of populations
- you will be able to see links between basic concepts in nutrition and biochemistry
- Search for nutritional information in a rigorous manner
- Predict the impact of food consumption on health
- Learn regulations on nutrition , and how to implement them , taking into account company's needs.

In order to:

- Evaluate the current offer of products and trends from a nutritional point of view.
- Promote diverse solutions for improved nutrition.

PROGRAMME :

Part 1 : Links between food and health

Etudes épidémiologiques, contexte règlementaire, la problématique de l'obésité et du surpoids, prévention des maladies cardio-vasculaire, prise en compte des aspects nutritionnels dans le développement de nouveaux produits.

Intervention de professionnels de la santé, chercheurs, enseignants ISARA.

Epidemiological studies, regulatory context , problem of obesity and overweight , prevention of cardiovascular diseases, consideration of nutritional aspects in the development of new products.

Contributions by researchers, ISARA lecturers, health-care workers.

Part 2 : Dietary behaviour and society

Evolution of dietary behavior seen through different disciplines including economics , sociology , epidemiology,

Major influences on diet : cost, pleasure, health ...

Part 3 : work stories

PREREQUISITES:

Biochemistry, human physiology, food processing, marketing, sociology

TEACHING METHODS:

The module will be structured around:

- Courses and conferences
- Group work (written document and oral presentation)
- Company visit

EVALUATION METHODS:

- Check the acquisition of knowledge, the development of constructive criticism and the strength of the student's proposal