Hanze

Course: Healthy Nutrition — credits: 30

Course code	DGVM23VOEDING
Name	Healthy Nutrition
Study year	2026-2027
ECTS credits	30
Language	Dutch, with parts in English
Coordinator	M. Boesjes

Modes of delivery

Assignment
Education
Guest lecture
Lecture
Peer feedback
Project-based learning
Tutorial

Assessments

Customized nutrition - Other assessment
Integral Assignment - Other assessment
Market and Consumer - Other assessment
Nutrition of the Future - Other assessment

Learning outcomes

No content available

Content

This module focuses on healthy eating for humans. What exactly is healthy food, and for whom is it healthy? How can we continue to feed everyone healthily and sustainably. And do health and sustainability always go hand in hand?

In the second module of the Masters in Sustainable and Healthy Nutrition, you use the knowledge, skills and abilities acquired in module 1 to develop further as a professional in the domain of food, nutrition and health. Whereas Module 1 focuses on the beginning of the food chain, Module 2 focuses on the latter part of the food chain (see Figure 1). The theme of this module is Healthy Nutrition.

Together you will work on an integral assignment from the field in which these different aspects of healthy nutrition come together. The integral assignment will be introduced in the first week of the module and you will work under supervision on the integral assignment in a Community of Learners (CoL).

The integral assignment concerns the development of an innovative concept/program of requirements for a client from the field, culminating in a professional product: an advisory report for the client aimed at an innovative, healthy and sustainable food concept.

The module consists of four parts:

Integral Assignment

Supporting study components:

Customized Nutrition

Market and consumer

Nutrition of the future

The research and professional skills learning line is reflected in all components.

The supported study units Food by Measure, Market and Consumer and Food of the Future all have a connection to the integral assignment. At the start of the semester, the focus is more on the supported study units, which provide content and skills to be well equipped to work on the integral assignment. Customized Nutrition

explores scientific and practice-based insight which is translated by the student into the innovation in the integral assignment. In addition, regional, national and international social developments are identified, valued and integrated into practical applications. You will learn about the topics of nutritional needs of specific target groups or individuals, nutrigenomics, healthy versus happy lifestyle and human health.

The Market and Consumer study section focuses on sustainability and health. And it covers managing the chain production of raw materials, producing for business (B2B) or consumer (B2C). You will investigate for which appropriate target group the innovation will be developed, you will get to know the target group and you will involve the target group in the development. In addition, you will map all stakeholders and examine everyone's interest in the innovation. This is done using the method Design Thinking, an iterative process to solve and methodically address complex problems (wicked problems). The study component Food of the Future, focuses on connecting the different domains in the field of food, nutrition and health (the chain) both horizontally and vertically within companies and organizations. Students investigate how future-proof the innovation is, taking into account sustainability, and current transitions for the sake of food production regionally and globally. The future is uncertain, how do you deal with it? Instead of learning to predict the future, you are taught to deal with uncertainties using the Future Literacy method, and to make wise decisions now for the future.

Included in programme(s)

Master of Sustainable and Healthy Nutrition

School(s)

Engineering, Life Sciences & ICT

share your talent. move the world.

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