Course: Healthy, Durable and Safe Food — credits: 5

Course code	LSVX25VOEDING
Name	Healthy, Durable and Safe Food
Study year	2026-2027
ECTS credits	5
Language	Dutch, with parts in English
Coordinator	J.A. Komduur
Modes of delivery	Community of Learners Practical / Training Project-based learning Tutorial
Assessments	CoL en Practicum - Other assessment Theorie - Other assessment

Learning outcomes

Learning Outcomes

You explain the differences between several types of research on nutrition and health, independently selecting and consulting reliable and specific sources according to structured guidelines;

You explain what is meant by a healthy and sustainable diet and food safety, and you explain how a diet can be influenced by the physical and social environment;

You describe different labels related to food quality and food safety;

You name examples of food problems that exist nationally and globally and name agreements between organisations and the government regarding the prevention of health problems through food;

You indicate at a basic level what dietary adjustments are recommended for different degrees of sporting activity.

Content

This module focuses on sustainable, safe and healthy food. We look at food from many angles: research in the field of nutrition, what is a healthy diet, how does our diet affect the planet, what are the safety issues regarding food and how do you deal with them, how does the environment affect food choices, the influence of the government on our food choices, global food issues, and the link between sport and nutrition. We do this by working in CoL groups on a self-chosen topic, to which a practical experiment is connected. In addition, seven inspiration lectures are given by experts from the field. The knowledge gained is presented in a personal report based on your own weekly menu and in a mini-symposium where you, as a CoL group, give a presentation on the knowledge gained and the practical experiment.

Included in programme(s)

Major Medical Diagnostics
Major Biology and Medical Research
Bio-Informatics
Chemistry
Chemical Engineering

School(s)

Engineering, Life Sciences & ICT

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