Syllabus Master's Degree Course in Medicine and Surgery

WATER, FOOD AND SUSTAINABLE DIETS

Second year, second semester (3 academic credits [CFU])

Teachers

Subject	Academic credits (CFU)	Lecturer
Water, food and sustainable diets	3	FRITTITTA Lucia GROSSO Giuseppe

Learning outcomes

Subject	Learning outcomes
Water, food and sustainable diets	By the end of the course, students are expected to: • Identify the impact of nutritional risk factors on risk of chronic diseases and mortality • Describe food groups, including their main characteristics, nutritional and non-nutritional components, and effects of their habitual consumption on human health • Be common with the dietary guidelines for the Italian population • Be common with the institutions/associations providing dietary recommendation and their indications • Identify aspects of a sustainable diet At the end of the course, the student will possess knowledge about dietary health, including information on how diet affects global health and the most recent evidence-based dietary guidelines and nutritional recommendations.

Prerequisites

Subject	Prerequisites
Water, food and sustainable diets	Basic knowledge of the macronutrients, micronutrients, and human metabolism.

Course contents

Subject	Course contents
Water, food and sustainable diets	The course aims to provide essential knowledge on human nutrition and its relevance to health outcomes. Foods and their components will be introduced in the context of dietary guidelines, and evidence-

	based nutritional recommendations aiming at prevention of non-communicable diseases. Sustainable diets and their nutritional and health aspects will be discussed. The course will focus on: • Nutrition and global health • Effects of malnutrition • Diet as a modifiable risk factor • Plant-based foods and their components: Fruits and vegetables Whole-grains Legumes • Foods of animal origin and their components: Dairy Eggs Fish and shellfish Meat • Dietary guidelines for the Italian population Standard portions Frequencies of consumption • Diet and inflammation as the underlying cause of chronic diseases • Evidence-based nutritional recommendations • Sustainable diets

Assessment methods

Subject	Assessment methods
Water, food and sustainable diets	The final assessment of acquired knowledge is conducted by an oral examination. The grade is expressed on a scale of thirty, up to a maximum of 30/30 cum laude (with honors). The final grade is determined by the weighted average of the scores obtained in the course subjects. The oral examination consists of an interview during which questions will cover at least three different topics from the course curriculum. The assessments aim to evaluate: i) the level of knowledge in the disciplines; ii) the ability to apply this knowledge to solve specific problems related to the disciplines (autonomous problem-solving); iii) clarity of expression; iv) proficiency in medical-scientific language. The assessment of learning can also be conducted remotely if the conditions necessitate it. For the assignment of the final grade, the following parameters will be considered: • Score 29-30 with honors: The student demonstrates an in-depth knowledge of the topics, promptly and correctly integrates and critically analyzes presented situations, independently solving even highly complex problems. They possess excellent communication skills and command medical-scientific language proficiently. • Score 26-28: The student has a good understanding of the topics, is able to integrate and critically and logically analyze presented situations, can fairly independently solve complex problems, and presents topics clearly using appropriate medical-scientific language. • Score 22-25: The student has a fair understanding of the topics, although it may be limited to the main areas. They can integrate

	and critically analyze presented situations, although not always in a linear fashion, and present topics fairly clearly with moderate language proficiency. • Score 18-21: The student has minimal knowledge of the topics, possesses modest ability to integrate and critically analyze presented situations, and presents topics sufficiently clearly, although their language proficiency may be underdeveloped. • Exam not passed: The student lacks the minimum required knowledge of the core content of the course. Their ability to use specific language is minimal or nonexistent, and they are unable to independently apply acquired knowledge.

Examples of common questions and/or exercises

Subject	Examples of common questions and/or exercises
Water, food and sustainable diets	• Whole-grain consumption and risk of chronic diseases • Recommendations for fruit and vegetable intake • Dietary strategies for cardiovascular disease prevention • Characteristics of the sustainable diet

Reference texts

Subject	Textbooks
Water, food and sustainable diets	Slides, scientific publications, and other material will be provided/indicated during the lessons. Any additional educational material (slides, videos, handouts, etc.) will be distributed or indicated during the lessons.

Course format

Subject	Course format
Water, food and sustainable diets	The teaching will primarily be conducted through in-person lectures with a blend of theory and practical exercises. In the event that teaching is delivered in a blended or remote mode, necessary adjustments may be introduced compared to what has been previously stated, in order to adhere to the planned program as outlined in the Syllabus.

Attendance

Subject	Attendance
Water, food and sustainable diets	Mandatory attendance.

Course schedule

Subject	Course schedule
Water, food and sustainable diets	For each course content specific slides, scientific publications, and guidelines will be provided/indicated after the lesson.