**. – Earth Sciences and Nutrition (with Healthy Eating Education and Earth Science Workshop)**

## Prof. Renzo Rozzini

***COURSE AIMS AND INTENDED LEARNING CONTENT***

The course aims to provide students with knowledge related to diet, nutrition and ecology, with a view to understanding the impact these areas have on people’s health, and the most suitable and suitable tools for promoting their maintenance.

Students will learn the value of lifestyles to promote for improving individual and collective health. At the end of the course, students will be able to understand and subsequently apply, using suitable modalities, the indications learned and give sustainable information about the subject.

***COURSE CONTENT***

Promotion of health

Preventing diseases with and within a healthy environment

Assessment of the environmental burden of diseases

The environment: the contextual determiners of health

The link with social determiners of health

Environment and demography

Environmental fragility and health

The new diseases and medicine of migration

Communicable diseases linked to the environment

Vaccinations

Infectious diseases

The COVID-19 lessons for global health

QALY assessment

Non-communicable environmental diseases

Atmospheric pollution

Global warming

GMO

Diet and health

Nutritional status during stages of life

Diet during different stages of life: general principles.

The daily requirement of carbohydrates, proteins, lipids, minerals, vitamins.

Liquids in the diet.

Assessment of the nutritional status and malnutrition

Dietary fibre.

Alcohol

Diet and religions.

Diet in different environmental situations.

Obesity and overweight

Physical inactivity

The course is supplemented by didactic-workshop activities entrusted to expert conductors, and characterised by specific themes and methodologies agreed upon with the course teacher. Each workshop edition will be aimed at the production of a project/artefact, the assessment of which will be entrusted to the above-indicated conductor/s on the basis of parameters shares with the course teacher, and based on criteria of: completeness, coherence, originality, didactic value.

***READING LIST***

Renzo Rozzini, Angelo Bianchetti, Marco Trabucchi*. Medicina della fragilità: manuale di lavoro* (Vita e Pensiero, Milan, 2014)

***TEACHING METHOD***

Lectures, laboratory work.

***ASSESSMENT METHOD AND CRITERIA***

The examination is in two parts: a) written and oral examinations (the written examination refers to a test consisting of 30 questions with a single answer) integrated with an oral test b) an oral examination only for students who do not wish to sit the written test.

The date of the written test will be posted on the lecturer’s webpage. Students must successfully complete the workshop in order to be eligible to sit the examination.

The examination for the attainment of ECTS will involve the critical analysis and processing of content with the lecturer and assessment of laboratory work from the course.

During the final exam, students will be tested on accuracy of answers, use of appropriate terminology, ability to use argumentation in a structured and coherent manner, and ability to identify conceptual connections and open issues.

In order to be admitted to the final exam, students will have to attend the workshop regularly and pass its final test.

***NOTES AND PREREQUISITES***

There are no prerequisites for attending the course.

Further information can be found on the lecturer's webpage at http://docenti.unicatt.it/web/searchByName.do?language=ENG or on the Faculty notice board.