

# Introduction to human nutrition

Summer school for the students from  
National University of life and environment sciences of Ukraine and  
Poltava State Agrarian University

Duration: 1 week, 3 HP

## Course schedule\*

Block	Day	Time (Ukraine)	Time (Sweden)	Activity	Title	Lecturer
1	Monday, 3 Jule	10.15 - 11.00	9.15 – 10.00	Introduction to the course	Introduction to the course, learning outcomes.  Importance of nutrition. Myths and true about food and nutrition. Current trends.  Test 4 meals	Galia
		11.15 – 13.00	10.15 – 13.00	Lecture	Basic principles of metabolism and its regulation  Energy metabolism	Galia
2	Tuesday, 4 July	10.15 - 11.00	9.15 – 10.00	Lecture	Fats in human nutrtnon	Galia
		11.15 – 13.00	10.15 – 12.00	Lecture	Proteins in human nutrition	Saeid

3	Wednesday, 5 July	10.15 - 12.00	9.15 – 11.00	Lecture	Carbohydrates in human nutrition.	Galia
		12.15 – 13.00	11.15 – 12.00	Lecture	Disorders related to carbohydrate metabolism	Galia
		14.00 – 16.00		Homework	Minerals in human nutrition. Watch provided videos	Galia
4	Thursday, 6 July	10.15 - 12.00	9.15 – 11.00	Lecture	Vitamins in human nutrition	Galia
		12.15 – 13.00	11.15 – 12.00	Seminar	Minerals and vitamins	Galia
5	Friday, 7 July	10.15 - 12.00	9.15 – 11.00	Lecture	Alcohol metabolism	Faranak
		12.15 – 13.00	11.15 – 12.00	Lecture	Dietary habits in Sweden and Nordic Nutrition Recommendation	Galia
		13.15 – 14.00	12.15 – 13.00		Test 4 meals  Course evaluation and concluding remark	Galia

\*Some minor changes in the schedule can be expected