

MODULE CURRICULUM

Module title: Sustainable Diets

Study program	Year	Semester
XX bachelor	XX	XX

University/University College module code: Sustainable Diets

Lectures (hours)	Seminars (hours)	Tutorials/supervision (hours)	Practice incl. LAB and excursions (hours)	Self study (hours)	Group work (hours)	Total hours	ECTS
5	14		8	39		66	2.5

Lecturers: Insert name of the lecturer (*inserted by the university when module is published and used*)

Module type: General Elective Subject

Lectures:	English
Tutorial/supervision:	English

Prerequisites:

English B2

Content (curriculum outline):

General introduction to the SustainComp module (10 ECTS) see here (LINK)	The module gives an introduction to sustainable diets and how these diets contribute to reaching UNs sustainable development goals (SDG) globally and locally.
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Intended learning outcomes and competences (related to content):

- **Knowledge**
 - Have basic knowledge about what characterizes a sustainable diet
 - Have insight into the environmental impact of different food groups and food waste
 - Be able to describe and evaluate national dietary guidelines in the light of a sustainable diet
- **Skills**
 - The ability to discuss and share knowledge about sustainable diets
 - The ability to compare different national dietary guidelines and assess their level of sustainability
 - The ability to act for changing local food environment.
- **General competencies**

- Be able to reflect and discuss ethical issues related to food and sustainability

Learning and teaching methods:

- Lectures and seminars with ICT use
- Individual and group project work
- Collaborate Online International Learning (COIL)

Educational resources (didactical, semantic, fuctional or other):

1. UN Sustainable Development goals. Available from: <https://sdgs.un.org/goals>
2. Ritchie, H. and Roser M. (2020) - "Environmental Impacts of Food Production". Published online at OurWorldInData.org. Retrieved from: 'https://ourworldindata.org/environmental-impacts-of-food' [Online Resource]
3. Ranganathan, J., Vennard, D., Waite, R., Searchinger, T., Dumas, P., & Lipinski, B. (2016). Shifting diets: Toward a sustainable food future. In Global Food Policy Report (pp. 67–79). INTERNATIONAL FOOD POLICY RESEARCH INSTITUTE (IFPRI). <https://www.ifpri.org/publication/shifting-diets-toward-sustainable-food-future>
4. EAT Lancet report summary report: <https://eatforum.org/eat-lancet-commission/eat-lancet-commission-summary-report/>
5. Harvard T.H Chan School of Public Health. Food Waste: <https://www.hsph.harvard.edu/nutritionsource/sustainability/food-waste/>
6. Ritchie, H. (2020) - "Food waste is responsible for 6% of global greenhouse gas emissions ". Published online at OurWorldInData.org. Retrieved from: <https://ourworldindata.org/food-waste-emissions> [Online Resource]
7. Schuster, M and Torero, M (2016). Toward a sustainable food system: Reducing Food Loss and Waste. In: Global Food Policy Report (pp. 23-31). INTERNATIONAL FOOD POLICY RESEARCH INSTITUTE (IFPRI). <https://www.ifpri.org/publication/shifting-diets-toward-sustainable-food-future>
8. European Commission, 2019. HOW TO REDUCE FOOD WASTE IN YOUR DAILY LIFE. https://food.ec.europa.eu/system/files/2020-06/fw_lib_poster_reduce-food-waste-daily_en.pdf
9. Swinburn B, Vandevijvere S, Kraak V, Sacks G, Snowdon W, Hawkes C, et al. Monitoring and benchmarking government policies and actions to improve the healthiness of food environments: a proposed Government Healthy Food Environment Policy Index. Obesity Reviews 2013;14 Suppl 1:24-37.
10. FAO. Dietary guidelines and sustainability: Available from: <https://www.fao.org/nutrition/education/food-dietary-guidelines/background/sustainable-dietary-guidelines/en/>
11. FAO & WHO. 2019. Sustainable healthy diets: Guiding principles: <https://www.who.int/publications/i/item/9789241516648>

Examination requirements:

- Approved/passed report from field work
- Participating at the practical lectures

Assessment methods:

- Project assignment, e.g. present a poster to student peers



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