



**Certificate in Diet and Health  
Course Modules and Lecture Weekends  
(Distance Learning or In-class Study Options)**

Module	Module Content
<b>PRE-READING (Home study for all students)</b>	<b>Understanding the Human Body and Health</b> The human body and how it works The nutrition requirements of different systems of the body Digestion and absorption Bowel flora and health The effects of poor digestion on health Supporting digestion The nutrition requirements of different systems of the body (brief introduction) Key factors in disease progression in the West
<b>THE MACRO- NUTRIENTS PART 1</b>  <b>LECTURE W/E 2 (1 day only)</b> 20 <sup>th</sup> November	<b>Protein and Health</b> Protein: Amino acids, Biological functions, Protein quality, Recommended levels of consumption, Deficiency and toxicity symptoms, Dietary source
<b>THE MACRO- NUTRIENTS PART 2</b>  <b>LECTURE W/E 3</b> 10 <sup>th</sup> & 11 <sup>th</sup> December	<b>Macronutrients and Health</b> Carbohydrates: Mono, di- and polysaccharides, Biological functions, Recommended levels of consumption, Glycaemic load, Hypoglycaemia, Diabetes, Syndrome X, Deficiency and toxicity symptoms, Dietary sources Lipids: Fatty acids, Phospholipids, Cholesterol, Essentiality, Quality, Biological functions, Recommended levels of consumption, Deficiency and toxicity symptoms, Dietary sources Overweight and obesity: Different nutrients and diets and their effects on weight loss and health, Barriers to weight loss, The Dietary Coaching approach to weight loss, Anorexia nervosa and bulimia, Adverse effects of malnutrition
<b>THE MICRO- NUTRIENTS AND FOOD GROUPS PART 1</b>  <b>LECTURE W/E 4</b> 7 <sup>th</sup> & 8 <sup>th</sup> January	<b>Micronutrients and Health</b> Minerals (macro and micro), vitamins and phytonutrients: Biological functions, Recommended levels of intake, Mineral/mineral antagonism, Deficiency, imbalance and toxicity symptoms, Dietary sources of each, Bioavailability of dietary sources, Interactions with other macro/micro nutrients affecting bioavailability, Assessing individual needs for different minerals Nutritional supplements: How to use basic supplements for therapeutic gain, Basic vitamin and mineral formulations, Single supplements, Nutrient complexes
<b>THE MICRO- NUTRIENTS AND FOOD GROUPS PART 2</b>  <b>LECTURE W/E 5</b> 31 <sup>st</sup> March & 1 <sup>st</sup> April	<b>Food Groups and Health</b> Classification of foods (fruit, vegetables, grains, pulses, meat, dairy, nuts, seeds, fish), Important sources of each, Their composition, How they are processed, Their effects on health, Their place in a therapeutic diet Healthy alternatives to common foods: adding variety to the diet The effects of cooking on food: The positives and negatives of cooking, Raw food Maximising the nutrient content of food groups e.g. sprouting, grinding, soaking Basic novel foods and how to use them Common anti nutrients: Chemical additives and preservatives: Sources, Classifications, Regulation, Research Natural toxins: Caffeine, Oxalates, Phytates, Tannins, Alkaloids, Goitrogens Non food based toxins: smoking, cooking and storage vessels, medication Reducing toxins in the diet and lifestyle – basic introduction Acid and alkaline balance in the body

**NUTRITION IN  
SOCIETY 1**

**LECTURE W/E  
6**

**Venue for  
cooking demo:  
TBC  
2<sup>nd</sup> & 3<sup>rd</sup> June**

**NB: Saturday  
2<sup>nd</sup> June  
lectures in  
afternoon only**

**Meal Planning and Food Processing**

Cooking demonstration (Saturday afternoon)

Healthy eating on a budget

Food labelling

Growing your own: Vegetables, herbs, fruit

Whole food initiatives: The slow food movement, GIY (Grow it yourself)

Food - from farm to fork (Ireland): Regulatory bodies, State departments and agencies, Traceability, Implications on our industry

Food processing/manufacturing methods: Past and present, Effects on health, Research to back up links to chronic disease, The future outlook

EU food regulation: Governing bodies, General food law, Policies and procedures

Organic food: Health, Nutrition, The environment, Sustainable agriculture