Universidad de Navarra

International Project in Nutrition

Teaching guide 2026-27

PRESENTATION

Course description: This subject offers students an international and interdisciplinary learning experience through collaborative project work with peers from European universities. It focuses on practical problem-solving in nutrition, intercultural communication, and the application of evidence-based dietary strategies. The course is taught entirely in English and includes a hands-on component with menu planning and food preparation

- **Degree:** Bachelor's Degree in Human Nutrition and Dietetics
- **Module/Subject Area:** Degree in Human Nutrition and Dietetics – Module VII: Professional Practice of the Dietitian-Nutritionist. Subject: Introduction to Professional Specialisation
- **ECTS**: 3
- **Curso, semestre**: 3rd and 4th year, 1st semester
- **Course type:** Elective (Priority for students enrolled in the International Diploma)
- **Lecturer:** Marta Cuervo Zapatel (Coordinator)
- **Language:** English
- **Location & Timetable:** Off-campus.

LEARNING OUTCOMES (Competencies)

BASIC

- **CB2** – Students must be able to apply their knowledge in a professional manner, and possess the competences usually demonstrated through the preparation and defence of arguments, and the solving of problems within their field of study.
- **CB3** – Students must be able to gather and interpret relevant data (usually within their field of study) to make judgements that include reflections on relevant social, scientific or ethical issues.

GENERAL

- **CG1** – Identify the essential elements of the profession of the Dietitian-Nutritionist, including ethical principles, legal responsibilities and professional practice, applying the principle of social justice to their work and acting with respect for individuals, their habits, beliefs and cultures.
- **CG2** – Carry out the profession with respect for other health professionals, developing teamwork skills.
- **CG6** – Be familiar with, critically assess, and know how to use and apply information sources related to nutrition, food, lifestyle, and health issues.
- **CG19** – Understand national and international health organisations and systems, recognising the role of the Dietitian-Nutritionist.
- **CG22** – Collaborate in the planning and development of food, nutrition and food safety policies based on population needs and public health protection.
- **CG25** – Participate in the management, organisation and development of food services.
- **CG26** – Design, supervise and collaborate in the planning of menus and diets adapted to specific population groups.
- **CG29** – Acquire the basic training for research activity, being able to formulate hypotheses, collect and interpret data to solve problems using the scientific method, and understand the importance and limitations of scientific reasoning in the field of health and nutrition.

COURSE CONTENT

- Three online sessions (topics and speakers to be confirmed) to prepare students for the group project.
- Development of an international group project.
- Oral presentation of the project.
- Design and presentation of a specific menu within the project context, with justification of food choices and culinary techniques based on the assigned case study.

LEARNING ACTIVITIES

Students will attend three online sessions in English on topics relevant to final-year students in Human Nutrition and Dietetics, with an international focus. These will be delivered by academics from the partner universities and will help prepare students for the project.

Collaborative work with students from other European universities in the same degree. English will be the working language. This includes the development of a group project over the course of one week and an oral presentation before a panel of lecturers from all participating countries. The practical component includes the preparation of several dishes and the explanation of their nutritional and health-related properties to lecturers and students from different countries.

After completing and presenting the international project, students must submit a short written report (maximum two pages) to the responsible lecturer at their home university, reflecting on the work carried out and their individual contribution. This report will be graded.

ASSESSMENT

ORDINARY ASSESSMENT

- Group project carried out over a full week and its final presentation: **50% of the final grade**
- Preparation and explanation of the nutritional and health properties of dishes included in the project: **30%**
- Written exam on the content covered in the three online sessions: **20%**

EXTRAORDINARY ASSESSMENT

- Grades from the passed components will be retained. Only failed components will need to be reassessed

STUDENTS WITH SPECIAL NEEDS: Students with special educational needs must contact the (Faculty /School) Academic Coordination Office in advance to obtain authorization for any necessary accommodations (e.g., extra time on exams). Students must then submit this authorization to the professor. It is recommended that this process be completed at the beginning of the semester.

PLEASE NOTE: Any attempt at fraud, cheating, plagiarism, or other irregular behavior constitutes a serious infraction, as outlined in Title IV ("Student Academic Disciplinary Regulations") of the University of Navarra's Regulations on University Conduct.

In justified cases where exams must be taken outside the official dates, the type and structure of the exam may vary.

OFFICE HOURS

Dra. Marta Cuervo Zapatel...(mcuervo@unav.es)

- Office 1D02 (Science building)
- Appointments should be arranged in advance via email

BIBLIOGRAPHY

Universidad de Navarra

SUPPLEMENTARY BIBLIOGRAPHY AND INTERNATIONAL RESOURCES

This bibliography is intended to support international collaborative work, improve professional communication skills in English, and provide key scientific and cultural references.

1. Public Health and International Nutrition Guidelines

- WHO – Nutrition: https://www.who.int/health-topics/nutrition
- FAO – Nutrition and Food Systems: https://www.fao.org/nutrition/en
- EFSA – European Food Safety Authority: https://www.efsa.europa.eu/en/topics/topic/nutrition

2. Food Culture and Multicultural Interventions

- Kittler, P.G., Sucher, K.P., & Nahikian-Nelms, M. (2021). *Food and Culture* (8th ed.). ISBN: 9780357367914
- Trepanowski JF, Bloomer RJ. The impact of religious fasting on human health. *Nutrition Journal*. 2010 Nov 22;9:57. doi: 10.1186/1475-2891-9-57.

3. Professional Communication and Intercultural Work

- UNESCO: Intercultural Competences – Conceptual and Operational Framework
- Open access: https://unesdoc.unesco.org/ark:/48223/pf0000219768

4. Evidence-Based Nutrition Science

- ESPEN Position Papers and Endorsed Recommendations: https://www.espen.org/guidelines/espen-position-papers-and-endorsed-recommendations
- Academy of Nutrition and Dietetics – Position Papers: https://www.eatrightpro.org/practice/guidelines-and-positions/academy-positions

5. Scientific Presentations and Argumentation in English

- Wallwork, A. (2016). *English for Presentations at International Conferences*. Springer. https://link.springer.com/book/10.1007/978-1-4419-6591-2
- Writing in Nutrition Science: https://researchguides.wcu.edu/disciplinarywriting/nutrition

Additional references may be provided during the week of the project, depending on the specific topic addressed each year.