



Wageningen University		Nutrition and Health part 2: Micronutrients and Undernutrition (HNE-52902)		
Course description	Learn how our diet impacts our current and future health, with a focus on vitamins and minerals and their role in health.			
Domain	Nutrition and Health			
Keywords	nutrition	micronutrients	vitamins	minerals
Prerequisites	Nutrition and Health part 1 / Basic biology			
Level	Bachelor 1			
Language	English			
Number of credits and workload	2 credits	4-6 hrs per week		56 hrs in total
Semester period and Start date course	Semester 2	Start date: Self-paced, no start date		
Application deadline	1-Apr-19			
Full course description	<p>Week 1: Fat SOLUBLE VITAMINS and health Everybody has heard of vitamins. But what are they really? You will learn about general principles that apply to all vitamins and then spend the rest of the week on the fat soluble vitamins: vitamin A, vitamin D and vitamin E.</p> <p>Week 2: WATER SOLUBLE VITAMINS and health This week we will focus on the water soluble vitamins. There are many of them, which means that we won't be able to address all of them in detail. The vitamins that will be covered are vitamin C, folate and vitamin B12.</p> <p>Week 3: WATER, MINERALS and health Some of the questions that will be addressed are: Why do we need water? What is the difference between bottled water and mineral water? Are there any health benefits to drinking mineral water? Is there any value to drinking bottled water over tap water? We will also get started with the dietary minerals. You will learn the difference between dietary minerals and dietary vitamins. The two specific minerals that will be discussed in detail during this week are sodium and potassium.</p> <p>Week 4: MINERALS, trace elements and health We will cover dietary minerals and specifically those minerals that weren't covered in the previous week. That leaves us with 15 remaining dietary minerals. We won't be able to cover all of them in detail. What we will do is focus on the ones that are considered the most important, and that are also the most interesting from the</p>			

	<p>viewpoint of health: calcium and iron, and to a lesser extent iodine, zinc and selenium.</p> <p>Week 5: THE GLOBAL BURDEN OF MICRONUTRIENT MALNUTRITION</p> <p>We'll discuss the prevalence and trends of micronutrient deficiencies and their geographical distribution, the major consequences of malnutrition in a developing context, the connection between micronutrient status and infectious diseases, and the double burden of malnutrition.</p> <p>Week 6: GLOBAL SOLUTIONS TO MICRONUTRIENT DEFICIENCIES</p> <p>We'll talk about the available strategies to alleviate micronutrient malnutrition, the prerequisites of these strategies, and the possible effect of a strategy on micronutrient intake.</p>		
Platform and link to course description	edX	<a href="https://www.edx.org/course/nutrition-health-micronutrients-wageningenx-nutr102x-0">https://www.edx.org/course/nutrition-health-micronutrients-wageningenx-nutr102x-0</a>	
Course description in study guide	<a href="https://ssc.wur.nl/Handbook/Course/HNE-52902">https://ssc.wur.nl/Handbook/Course/HNE-52902</a>		
Lecturer(s)	Sander Kersten		
Extra Course information	Wageningen online courses are fully self-paced and no lecturer is involved. Students must be able to manage their study process independently.		
Picture of course			
Final examination date and time /period	tbd	tbd	July/Aug 2019
Examination registration deadline or drop-out deadline	<p>Examination registration to be announced ~ June/July 2019</p> <p>Click or tap to enter a date.</p> <p>Remarks on examination registration date</p> <p>Drop- out deadline If applicable, enter last drop-out date.</p> <p>Not applicable</p>		
Type of examination	Written exam		
Midterm examination?	<input type="checkbox"/> yes <input checked="" type="checkbox"/> no	Additional information on midterm exam	

## Virtual Exchange Global Alliance

Previous exam papers available	<input type="checkbox"/> yes <input checked="" type="checkbox"/> no	
Specific rules for examinations	Give details if particular rules apply like no use of calculator, watches etc	
Resit? and date	<input checked="" type="checkbox"/> yes <input type="checkbox"/> no	Resit date. February 2020
Grade release and transcript release	31-Aug-19	Transcript release date if more than 1 week after grade release.

Available Places 50		
	Interested	(Maximum) places per university (give details if applicable, otherwise each participating university gets an equal part of the available places)
Adelaide	<input type="checkbox"/> yes	Click or tap here to enter number
ANU	<input type="checkbox"/> yes	Click or tap here to enter number
EPFL	<input type="checkbox"/> yes	Click or tap here to enter number
HKUST	<input type="checkbox"/> yes	Click or tap here to enter number
Leiden	<input type="checkbox"/> yes	Click or tap here to enter number
Rice	<input type="checkbox"/> yes	Click or tap here to enter number
TU Delft	<input type="checkbox"/> yes	Click or tap here to enter number
UQ	<input type="checkbox"/> yes	Click or tap here to enter number
Wageningen	<input type="checkbox"/> yes	Click or tap here to enter number