

Nutrition Education for Diet Quality and Sustainable Nutrition for All (3 ECTS)**Physical Mobility Week****Date:** 2025.09.22 - 2025.09.26**Place:** Lithuanian University of Health Sciences, Faculty of Public Health, Department of Preventive Medicine**Address:** Tilžės str. 18, Kaunas, Lithuania, LT47181**Responsible person:** Prof. Vilma Kriaucioniene, e-mail: vilma.kriaucioniene@lsmu.lt**Online**

Date	Time	Topic (online)
28.08.2025	11.00-12.00	Introduction to BIP
04.09.2025	10.00-12.00	Presentations of students. Let's get to know each other.
09.09.2025	10.00-10.30	Lecture: What is Public Health?
09.09.2025	10.30-11.15	From Guidelines to Plates: Understanding Nutrition Recommendations
09.09.2025	11.15-12.00	Green Plates, Healthy Lives: The Planetary Diet in Action
	12.00-12.30	Discussions
11.09.2025	10.00-10.45	From Tradition to Innovation: Changing Trends in Nutrition, Weight, and Health
11.09.2025	10.45-11.30	Fad or Fact? Evaluating Popular Diets and Their Health Impacts
	11.30-12.00	Discussions
28.11.2025	10.00-12.00	Seminar. Evaluation

Face to face

Date	Time	Topic
2025.09.22 (I)	10.00 – 11.00	Registration. Introduction to LSMU
	11.00 – 13.00	Students presentation of country, university (25 min. per institution)
	13.00 – 13.45	Lunch
	13.45 – 14.15	Why We Eat What We Eat: The Science of Food Choices and Chronic Disease
	15.00 – 17.00	Cultural Workshop: Cepelinas (Lithuanian food preparation & tasting) (outside event)
2025.09.23 (II)	9.00 – 9.45	Beyond Calories: The Role of Genetic and Epigenetic Factors in Diet and Disease
	9.45 – 10.00	From Childhood to Adulthood Age: Nutrition Across the Lifespan
	10.00-10.45	Discussion
	10.45-11.00	Break
	11.00 – 12.00	Workshop. Introduction to the final task and Workshop at Science Island
	12.00 – 12.45	Lunch
	14.00 – 17.00	Practical Experience. Workshop at Science Island (outside event)
2025.09.24 (III)	9.00 – 9.45	Workshop. Experience presentation from Scientific Island
	9.45 – 10.30	The Dark Side of Dieting: Understanding Eating Disorders
	10.30 – 10.45	Break
	10.45 – 12.15	Workshop: Generating Ideas for Developing a Nutrition Education Program
	12.15 – 13.00	Lunch
	13.00 – 15.00	Workshop: Structure of Nutrition Education Program Development
	16.00 – 18.00	Sightseeing Tour of Kaunas
2025.09.25 (IV)	9.00 – 10.00	Workshop: Activities in Nutrition Education Program Development
	11.00 – 11.15	Break
	11.15 – 12.15	Workshop. Final Presentation Preparation
	12.15 – 13.00	Lunch
	14.00 – 16.00	Cooking Classes. Healthy Snack Preparation (LSMU building)

2025.09.25 (V)	9.00 – 11.00	Final Presentation
	11.00 – 11.15	Break
	11.15 – 12.00	Summary of the BIP
	12.00 – 13.00	Goodbye

Study Results

Aim of the Course:

To acquire knowledge about healthy and sustainable nutrition, develop the ability to critically evaluate diets and food products, and educate people across different life stages on healthy nutrition considering their health status.

Knowledge:

1. Understand the criteria of a healthy and sustainable diet and its impact on health.
2. Understands the disadvantages of popular diets and the impact of eating disorders.
3. Recognize effective strategies for communicating nutritional messages to different population groups.

Skills:

1. Assess diets based on health and sustainability criteria.
2. Compare food products concerning health and sustainability.
3. Create recommendations on nutritional education tailored to individuals' health status and life stage.
4. Develop and implement a nutrition education program.

Competencies:

The student can evaluate diets using nutritional and sustainability criteria and provide healthy and sustainable nutrition recommendations, considering an individual's health condition across different life stages.

Learning and teaching methods:

1. Lectures incorporating case studies.
2. Group-based practical problem-solving tasks.
3. Seminar activities and other interactive learning methods.
4. Workshops for hands-on experience in nutrition education program development.

Evaluation

The student's final evaluation consists of:

1. **Presentation (50%)** – Intermediate test assessing students' ability to present information effectively.
2. **Active Participation in Seminars (20%)** – Engagement in discussions and workshops.
3. **Final Exam (30%)** – Test evaluating knowledge acquired throughout the course.

Additional Information

Place of BIP: Faculty of Public Health.

Webpages: <https://lsmu.lt/en/about-lsmu/structure/medical-academy/faculty-of-public-health/>
<https://lsmu.lt/en/>



Other Activities

Kaunas city: <https://visit.kaunas.lt/en/see-and-do/sights/>

Science Island: <https://mokslosala.lt/en/home-page/>

