



20.5.2023

CERTIFICATE

This certificate is to confirm that Dina Fedorova has successfully participated in the course Nutrition and Society (code: HNFB-221) at the University of Helsinki, Faculty of Agriculture and Forestry, Master's program for Human Nutrition and Food-related Behaviour.

This course dives into two important questions: What role does human nutrition play in the society locally and globally? What are the methods to change dietary habits and in general to promote health in the society (locally, nationally, globally)?

The main topics during the course are definitions of health and health promotion, the ecological model of health promotion, how to plan and evaluate health promotion programs, ethical issues of health promotion, steering of food selection and dietary patterns, food systems and sustainable development, global transition in diets and health.

The course consists of lectures, including lots of discussions, group work, a photo task and an individual written essay to a given task

The credits of this course are 5 ECTS, corresponding to an estimated 135 h work in total.

Mikael Fogelholm, Professor in Human Nutrition, University of Helsinki