Postgraduate Certificate
Food and Public Health

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Postgraduate Certificate
Food and Public Health

- Modality: **online**
- Duration: **6 weeks**
- Certificate: **TECH Technological University**
- Dedication: **16h/week**
- Schedule: **at your own pace**
- Exams: **online**

Website: **www.techtitute.com/in/nutrition/postgraduate-certificate/food-public-health**

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01

Introduction

The relationship between public health and eating habits is direct, as many of the diseases that affect the wellbeing of the population stem from factors related to the poor consumption of these products. For this reason, it is essential that there are professionals specialised in the aspects that permeate this situation, as they will contribute to the implementation of prevention programs and will more easily identify the elements that are most involved in this field. With this in mind, TECH has developed an academic program that will provide students with the most relevant concepts to carry out prevention campaigns. All this, based on a 100% online methodology, which will allow the student to have greater control of their time.

This is the best program to learn the nuances of Public Health and the only one that will allow you to increase your professional expectations"

Human nutrition is a complex phenomenon that has evolved throughout history, both from a biological and cultural perspective. For this reason, it is important to understand the dynamics that arise around it and with this Postgraduate Certificate, the student will be able to master the elements that are directly related to it and the factors that it produces for Public Health.

This will be done by means of an in-depth study of the concepts that encompass eating habits at a socio-cultural level and the meaning that has been given to this area. In addition, the way in which products of this type are integrated into the communication sector and the influence it has on consumers will be analysed. In addition, this will allow the student to generate a broad vision of the relationship between public health and nutrition, recognising as a priority that these two must move forward together to avoid pathologies that affect people's physical wellbeing.

All of the above, by means of the innovative Relearning methodology, which allows this degree to be taught 100% online, an opportunity for students to study from anywhere and at any time they wish, as they will have 24-hour access to the multimedia resources. In addition, you will enhance your problem-solving skills, as you will analyse practical cases that will place you in the simulation of a real environment.

This **Postgraduate Certificate in Food and Public Health** contains the most complete and up-to-date scientific program on the market. The most important features include:

- The development of case studies presented by experts in Food and Public Health and Public Health
- The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- Practical exercises where the self-assessment process can be carried out to improve learning
- Its special emphasis on innovative methodologies
- Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- Content that is accessible from any fixed or portable device with an Internet connection

Learn about the diseases most commonly spread by improper food consumption and how to prevent or treat them"

Learn how communication is involved in food consumption and integrate this knowledge to enhance strategies to improve public health"

This Postgraduate Certificate program offers you the flexibility to study at your own pace and tailor your learning to your needs.

The learning approach of this programme will help you to strengthen your professional skills and apply the knowledge you have acquired in a practical way.

The program's teaching staff includes professionals from sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

02

Objectives

The main purpose of this educational programme is to provide students with an understanding of the socio-cultural aspects that directly influence the eating habits of the population. In this way, they will be able to keep up to date with the latest developments in Public Health and how to contribute to keeping it balanced, by studying the multimedia materials provided in this degree.

A University Course that will equip you with the technical concepts necessary to identify the food risks that are most related to Public Health"

General Objectives

- Control the mathematical, statistical and economic aspects involved in food businesses
- Analyse trends in food production and consumption
- Value and recognise the sanitary and preventive importance of cleaning, disinfection, disinsectisation and rat extermination programs in the food chain
- Scientific and technical advice on foodstuffs and foodstuff development

Specific Objectives

- To know the distinguishing fact of human nutrition, interrelationships between nature and culture
- Identify the concepts of public health and risk prevention related to food consumption habits and food safety
- Understand the fundamentals and general systems of disease prevention, health promotion and protection, as well as the aetiologies and epidemiological factors affecting food-borne diseases
- Identify and classify the main social and economic implications of zoonoses

If your goal is to achieve excellence, TECH will provide you with all the means to achieve it. Start now and show how far you can go"

03

Structure and Content

The materials included in the syllabus of this Postgraduate Certificate have been created by renowned food specialists. In this way, students will be able to acquire up-to-date knowledge about the effects of consumption habits on public health, through socio-cultural aspects surrounding food. This, through multimedia resources and case studies, will enable students to improve their professional skills in this area.

Enjoy a variety of learning materials, such as videos, readings and activities that will enrich your learning experience"

Module 1. Food and Public Health

1.1. Human Nutrition and Historical Evolution
- 1.1.1. The Natural Element and the Cultural Element Biological Evolution, Tool Handling and Tool Making
- 1.1.2. The Use of Fire, Hunter-Gatherer Profiles Meat eater or vegetarian
- 1.1.3. Biological, Genetic, Chemical and Mechanical Technologies Involved in Food Processing and Preservation
- 1.1.4. Food in Roman Times
- 1.1.5. Influence of the Discovery of America
- 1.1.6. Food in Developed Countries
  - 1.1.6.1. Food Distribution Chains and Networks
  - 1.1.6.2. The Global Trade "Network" and Small Businesses

1.2. Socio-Cultural Significance of Food
- 1.2.1. Food and Social Communication Social Relationships and Individual Relationships
- 1.2.2. Emotional Influence of Foods Parties and celebrations
- 1.2.3. Relationships Between Diets and Religious Precepts Food and Christianity, Hinduism, Buddhism, Judaism, Islam
- 1.2.4. Natural Foods, Ecological Foods, and Organic Foods
- 1.2.5. Typology of Diets: The Standard Diet, Slimming Diets, Curative Diets, Magical Diets and Absurd Diets
- 1.2.6. Food Reality and Food Perception Protocol for Family and Institutional Meals

1.3. Communication and Eating Behavior
- 1.3.1. Written Media: Specialist Magazines Informative Magazines and Professional Journals
- 1.3.2. Audiovisual Media: Radio, Television, Internet; Packaging; Advertising
- 1.3.3. Eating Behavior: Motivation and ingestion
- 1.3.4. Food Labeling and Consumption: Development of Likes and Dislikes
- 1.3.5. Sources of Variation in Food Preferences and Attitudes

1.4. Concept of Health and Diseases and Epidemiology
- 1.4.1. Health Promotion and Disease Prevention
- 1.4.2. Levels of prevention Laws of Public Health
- 1.4.3. Food Characteristics Food as a Vehicle for Disease
- 1.4.4. Epidemiological Methods: Descriptive, Analytical, Experimental, Predictive

1.5. Sanitary, Social and Economic Significance of Zoonoses
- 1.5.1. Zoonosis classification
- 1.5.2. Factors
- 1.5.3. Assessment Criteria
- 1.5.4. Action Plans:

1.6. Epidemiology and Prevention of Diseases Transmitted by Meat and Meat By-Products and Fish and Fish By-Products
- 1.6.1. Introduction. Epidemiological Factors of Meat-Borne Diseases
- 1.6.2. Consumer diseases
- 1.6.3. Preventive Measures for Diseases Transmitted by Meat Products
- 1.6.4. Introduction. Epidemiological Factors of Fish Borne Diseases
- 1.6.5. Consumer diseases
- 1.6.6. Prevention

1.7. Epidemiology and Prevention of Diseases Transmitted by Milk and Milk By-Products
- 1.7.1. Introduction. Epidemiological Factors of Meat-Borne Diseases
- 1.7.2. Consumer diseases
- 1.7.3. Preventive Measures for Diseases Transmitted by Dairy Products

1.8. Epidemiology and Prevention of Diseases Transmitted by Bread, Pastries, Confectionery and Cakes
- 1.8.1. Introduction. Epidemiological factors
- 1.8.2. Consumer diseases
- 1.8.3. Prevention

1.9. Epidemiology and Prevention of Diseases Transmitted by Preserved and Semi-Preserved Foods, and by Edible Vegetables and Mushrooms
- 1.9.1. Introduction. Epidemiological Aspects of Preserved and Semi-Preserved Foods
- 1.9.2. Epidemiological Aspects of Preserved and Semi-Preserved Foods
- 1.9.3. Sanitary Prevention of Diseases Transmitted by Preserved and Semi-Preserved Foods
- 1.9.4. Introduction. Epidemiological Aspects of Vegetables and Mushrroms
- 1.9.5. Diseases Caused by Consumption of Vegetables, and Mushrooms
- 1.9.6. Sanitary Prevention of Diseases Transmitted by Vegetables and Mushrooms

1.10. Health Problems Arising from the Use of Additives, Source of Food Poisoning
- 1.10.1. Naturally Occurring Toxins in Food
- 1.10.2. Toxins Due to Incorrect Handling
- 1.10.3. Use of Food Additives

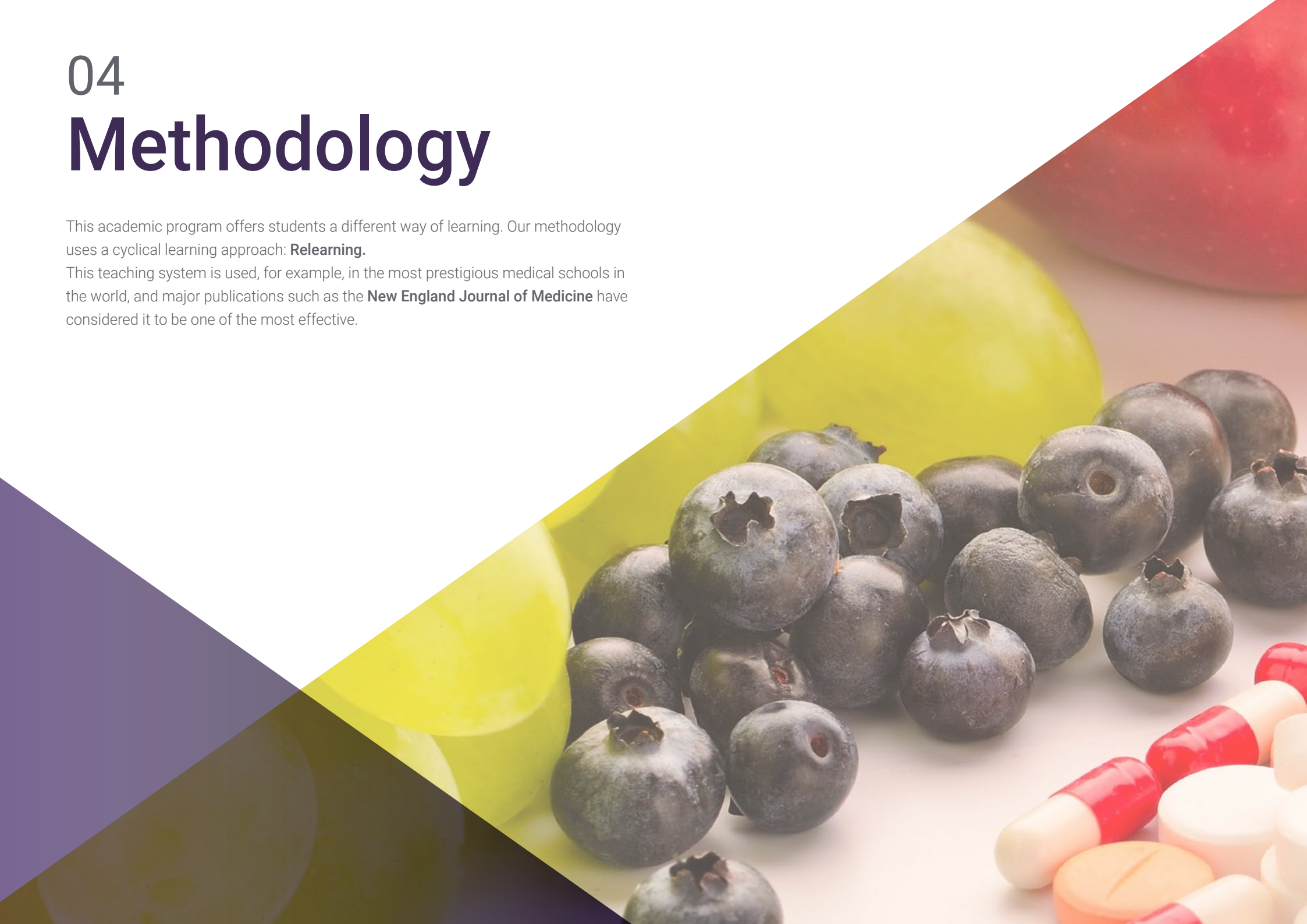
A unique, key, and decisive educational experience to boost your professional development"

04

Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning.**

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.

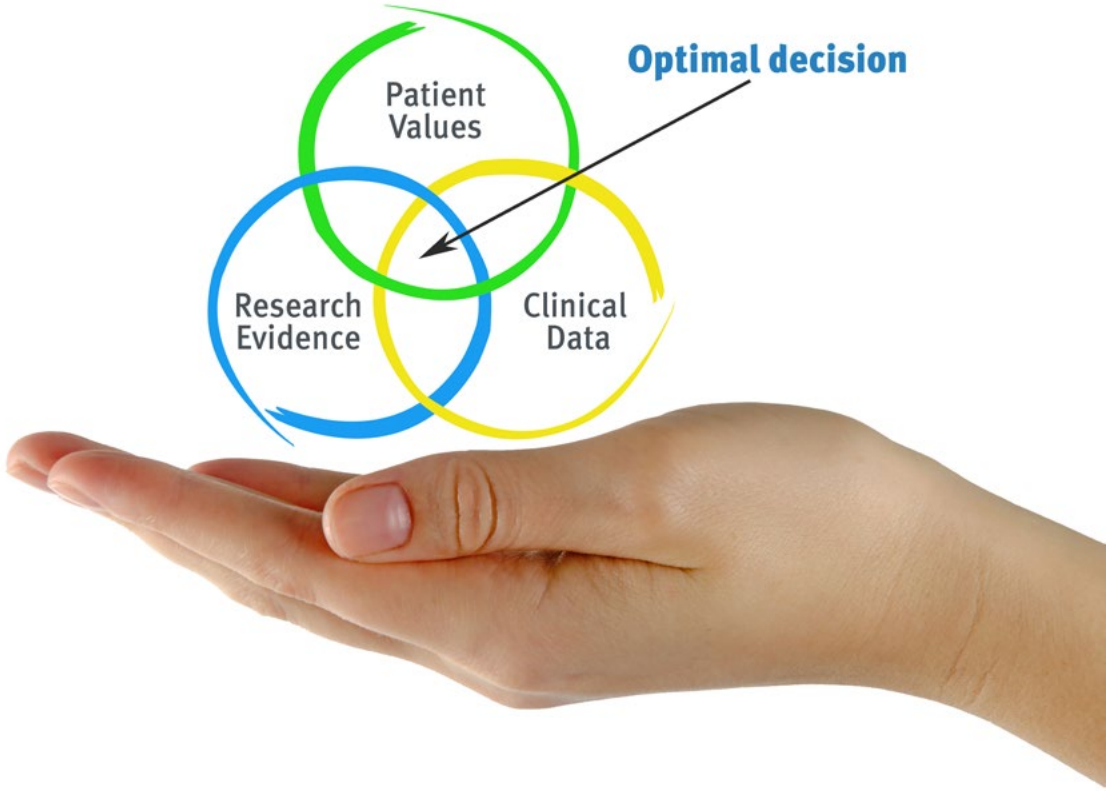


Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH we use the Case Method

In a given situation, what should a professional do? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

With TECH, nutritionists can experience a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions of professional nutritional practice.

Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method"

The effectiveness of the method is justified by four fundamental achievements:

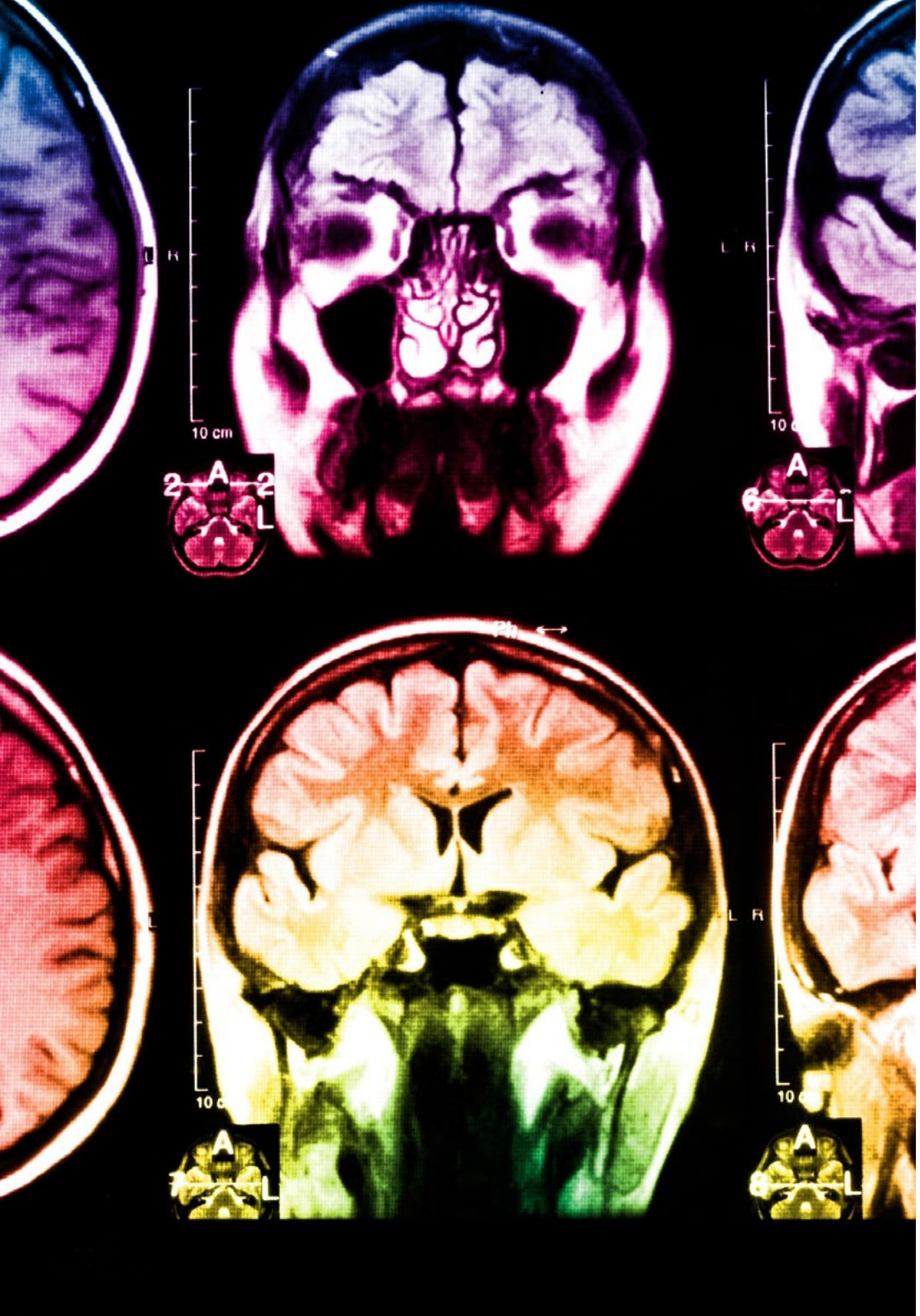
1. Nutritionists who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity through exercises to evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the nutritionist to better integrate knowledge into clinical practice.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.

Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

The nutritionist will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 45,000 nutritionists have been trained with unprecedented success in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.

This program offers the best educational material, prepared with professionals in mind:

Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.

Nutrition Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current nutritional counselling techniques and procedures. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.

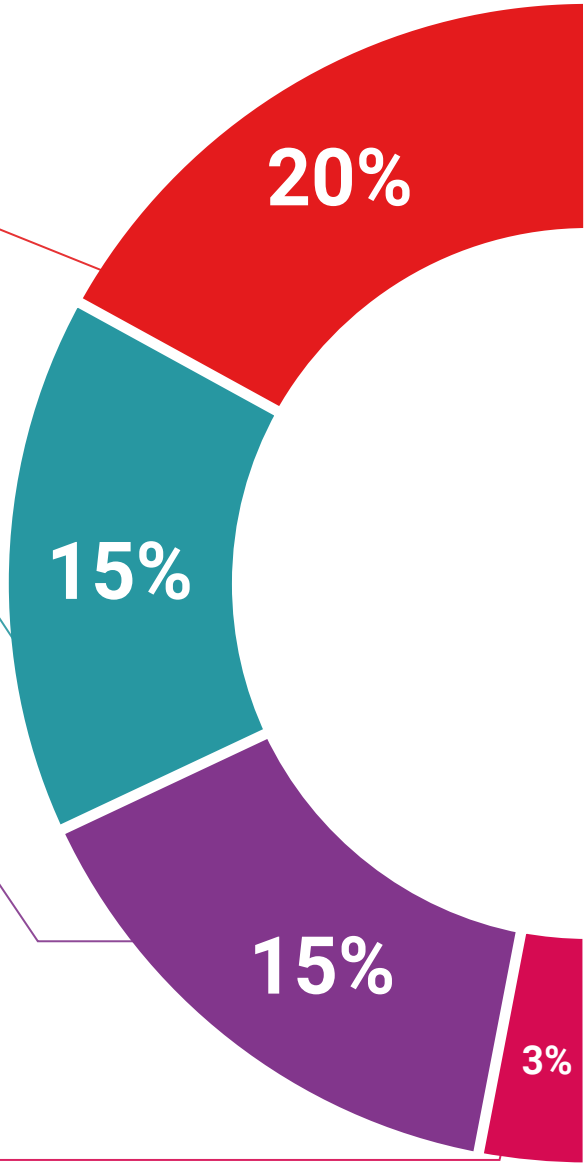
Interactive Summaries

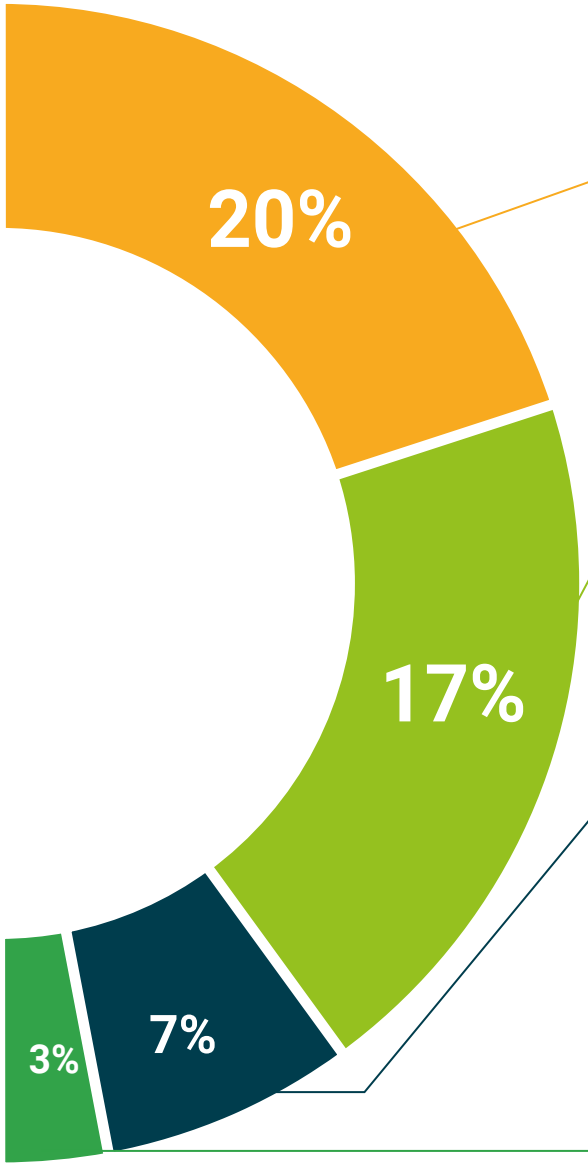
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".

Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.

Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.

Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.

Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.

05

Certificate

The Postgraduate Certificate in Food and Public Health guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.

Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"

This **Postgraduate Certificate in Food and Public Health** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate,and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Food and Public Health**

Official Nº of Hours: **150 h.**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Awards the following

CERTIFICATE

to

Mr./Ms. _____, with identification number _____.

For having passed and accredited the following program

POSTGRADUATE CERTIFICATE

in

Food and Public Health

This is a qualification awarded by this University, equivalent to 150 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro

Dean

Unique TECH Code: AFWORD23S techtitute.com/certificates

*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

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