

## AYCL #1 Nutrition for Health and Sustainability – Q&A

### 1. Are we going to learn about precision nutrition? How can we correlate precise nutrition to sustainability?

Correlating precise nutrition to sustainability involves considering the environmental impact of food production, transportation, and consumption. This includes assessing the energy use, water usage, greenhouse gas emissions, and land use associated with different types of food. By understanding the sustainability implications of different diets and food choices, we can make informed decisions about what we eat to promote both personal health and the health of the planet.

Precision nutrition is not directly addressed in this course. However, you can explore how your nutritional needs change through your life in [Week 3](#).

And if you are interested in learning about precision nutrition, you can explore Week 4 of the course [“Revolutionising the Food Chain with Technology”](#)

### 2. What is the most surprising fact or learning that learners take away from this course?

The key takeaway from the course is that a healthy and sustainable diet is essential for promoting both personal health and the health of the planet. This involves understanding the nutritional value of different foods and dietary patterns, as well as the environmental impact of food production and consumption.

The course emphasises the importance of making informed dietary choices that promote both personal health and the health of the planet.

### 3. Are we going to look into the challenges of Ultra-processed food in regard to health?

We explore the relationship between ultra-processed food and health in the 2nd module of the course: <https://www.futurelearn.com/courses/nutrition-for-health/4/steps/1650690>

And if you are interested in learning about processed food, you can explore the course [“How is Food Made? Understanding Processed Food”](#)



4. Will this course take a public health approach - information that is useful for all populations, and does this consider the differences between children (time of growth and development and higher nutrient/energy needs) and adults (time for maintenance)

We explore how your nutritional needs change through your life in the 3rd module of the course:

<https://www.futurelearn.com/courses/nutrition-for-health/4/steps/1650714>

5. Can you tell us the difference between Nutrition, Human Nutrition, and this course from the matter of content?

Nutrition is the study of how food nourishes the body, including the process of ingestion, digestion, absorption, metabolism, and excretion of nutrients. It also involves the study of the chemical and biological components of food and their effects on the body.

Human nutrition, on the other hand, is a specific branch of nutrition that focuses on the nutritional needs of humans throughout their life cycle. It includes the study of how different nutrients and dietary patterns affect human health and disease risk, as well as the nutritional requirements of different age groups and populations, such as infants, children, pregnant women, and elderly adults.

In summary, nutrition is a broader field that encompasses the study of food and its effects on living organisms, while human nutrition is a more specific field that focuses on the nutritional needs and requirements of humans.

In this course, you'll explore the fundamentals of nutrition in [Week 1](#), and explore how your nutritional needs change through your life in [Week 3](#).

6. Will this course address behavioural barriers to healthier diets? Thanks!

Hi Alma, we explore lifestyle intervention towards the end of the second module:

<https://www.futurelearn.com/courses/nutrition-for-health/4/steps/1650700>

7. Does the course teach how cooking methods impact food nutrients?

The course does not cover this area. However, if you are interested in learning about how to preserve nutritional quality, you can explore the course "[How is Food Made? Understanding Processed Food](#)".

The step on [the benefits and drawbacks of food processing](#) may be of interest.



**8. Does the course cover nutrition policy, nutrition data science?**

Yes, we explore [nutrition guidelines](#) in the 3rd module of the course, and make comparison between some countries.

**9. Do you, personally, think that we have time to get to sustainability in nutrition, or will planetary events overtake us?**

Achieving sustainability in nutrition is a complex and multifaceted issue that involves addressing both personal and environmental factors. While progress has been made in recent years towards promoting sustainable food systems and healthy dietary patterns, there is still much work to be done to ensure that everyone has access to nutritious and sustainable food.

There are also concerns that planetary events, such as climate change, could have a significant impact on food production and availability, which could pose challenges to achieving sustainability in nutrition.

However, there are also many initiatives and efforts underway to promote sustainability in nutrition, such as increasing access to healthy and sustainable food, reducing food waste, promoting plant-based diets, and supporting sustainable food production practices.

Ultimately, whether or not we are able to achieve sustainability in nutrition will depend on a wide range of factors, including policy decisions, technological advancements, and individual actions. While there are certainly challenges to overcome, it is important to remain optimistic and continue working towards a more sustainable future.

**10. Does the course cover the sustainability of a plant-based diet in terms of the production of the different milk alternatives, meat alternative etc?**

The "[EAT-Lancet planetary health diet](#)" is presented in the 3rd module of the course.

The planetary health diet is flexible by providing guidelines to ranges of different food groups that together constitute an optimal diet for human health and environmental sustainability. It emphasises a plant-forward diet where whole grains, fruits, vegetables, nuts, and legumes comprise a greater proportion of foods consumed. Meat and dairy constitute important parts of the diet but in significantly smaller proportions than whole grains, fruits, vegetables, nuts, and legumes.

