

Superfoods: Myths and Truths

A short online course



Co-funded by the
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Context

- In recent years, the term 'superfood' has been widely seen on food packaging and in the media, and a 'super diet' style has become trendy.
- The superfoods have become a popular diet across the globe, but some consumers distrust them considering it to be a marketing gimmick.¹
- As more people become interested in what are superfoods, what they mean and their potential health benefits, it's essential to provide accurate and evidence-based information about these foods.
- Misinformation or exaggerated claims about superfoods can lead to confusion and distrust, preventing individuals from making informed dietary choices that could benefit their health.

Solution

- To address these challenges and equip the participants with the necessary knowledge, EIT Food has developed this short online course where they will identify what superfoods are and are not, explain the nutritional characteristics of superfoods and evaluate the role of superfoods and their alternatives in a healthy diet.
- The course title is “Superfoods: Myths and Truths”. It is composed of 12 hours of learning broken down in 4 modules.
- On this course, learners will look at:
 - the definition and nutritional characteristics of superfoods
 - the role of superfoods and its alternatives in a healthy diet
 - nutritional values of superfoods and their alternatives
 - the social aspects of superfoods production
 - the mechanisms through which superfoods can be beneficial to our health



Ambition

- Our mission is to provide high-quality and accessible education on the topic of superfoods, to help individuals make informed decisions about their dietary choices and promote healthy eating habits.
- We aim to empower students with the necessary knowledge to distinguish between fact and fiction regarding superfoods, and to promote a sustainable and equitable food system that benefits everyone.



High level contributors

- This course has been designed for anyone interested in diet, psychology, health and 'superfoods', since there is no background needed, and it has been created by the University of Turin, with content provided by the Institute of Animal Reproduction and Food Research and the University of Reading



A modern approach to learning

- Fully online, short learning opportunity
- Course available 24/7 to fit with busy lifestyle
- Content accessible on any connected device
- Short lesson in a variety of formats: video, text, quizzes, etc
- Conversational learning: Learners are encourage to reflect and join discussions
- Additional content added to each steps to further explore the topic



Trailer video



Course Syllabus

Week 1: Introduction to superfoods

Welcome to the course
Introduction to superfoods
Characteristics of (super) foods

Week 3: A "super" class of molecules: flavonoids

Introduction to flavonoids
Flavonoid effects on brain and cognition

Week 2: Nutrient content of superfoods and their alternatives

Superfoods and their alternatives
Gluten free diets and alternative grains

Week 4: Are superfoods always safe?

Other kinds of superfoods
Are superfoods always safe?

Welcome to the course

In this activity you will get to know the team that created the course, as well as understanding the outlook of the course and our goals.



1.1 Welcome to the course VIDEO (01:26)

1.2 Meet the team ARTICLE

1.3 An introductory note ARTICLE

1.4 Why are you here? DISCUSSION

Introduction to superfoods

In this activity we will describe both what superfoods are and what superfoods are not. In doing so, we will discuss similar terms (such as nutraceuticals) as well as some characteristics associated with superfoods.



1.5 What are superfoods? VIDEO (04:49)

1.6 Nutraceuticals VIDEO (03:27)

1.7 How often do you consume superfoods? POLL

Do omega-3s improve brain function?

1 comment

Beyond flavonoids: can omega-3s improve our brain health?

In the previous two videos we have seen that the studies investigating the effects of flavonoids on the brain and cognition are quite mixed, and scientists have not reached a consensus yet. Brain-boosting supplements, however, are now quite common. In some cases, their supposed mechanism of action is through an increase in blood supply, just like flavonoids can do. But another class of molecules, omega-3s fatty acids, has received a lot of attention when it comes to both cardiovascular and cognitive health.

As we have seen in the first week, we need to gain some fatty acids through our diet, and one of them is an omega-3 fatty acid called alpha-linolenic acid (ALA). This means that, regardless of the

[View transcript](#)Download video: [standard](#) or [HD](#)

Nutraceuticals

[4 comments](#)

Extracts, functional foods, nutraceuticals...

As we said in the previous video, these terms are often confused



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Herbs and spices: a different kind of superfood?

0 comments

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SHORT ONLINE COURSE

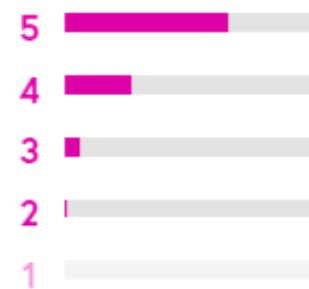


- Course available on demand
- Link:
<https://www.futurelearn.com/courses/superfoods-myths-and-truths>



Learner reviews

Powered by 





Mary F. Verified learner

24/06/22



Very Informative Course

Superfoods: Myths and Truths was a very engaging course which left me with a desire to take my learning further and know more. The course is ideal for anyone who wants a good, easy to understand introduction to more advanced courses or just enjoy the course for the joy of it, and the chance to engage with other learners around the world!



Valerie M. Verified learner

16/08/22



Myths and Truths

I do not have a science background and found the course not too technical easy to understand and full of fascinating information. I was interested from a health guidance point of view and it answered many of my questions.





Thank you!



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