

Implementation of FAO/INFOODS e-Learning on Food Composition Data in nutrition and dietetics course at Bern University of Applied Sciences

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Background

Currently, there are two universities in Switzerland which offer a full time course in nutrition and dietetics (BSc).

Unfortunately, food composition has never been a formal part of this training, although dietitians are frequent users of food composition data.

Programme implementation

After attending the Food Comp Course in 2010, I realised this gap in our training and started talking to the people involved in developing the nutrition and dietetics curriculum at the University of Applied Sciences in Bern (www.bfh.ch). It took some time but in 2014 I was contacted and asked to lecture about food composition to first semester students.

In 2014 we started with 8 lessons (6 for lectures, 2 for tutorials). This year it will be 2 additional lecture lessons.

The lectures on food composition are embedded into the module “Rund um die Lebensmittel” (All about food: from field to plate). It’s a compulsory 8 ECTS module with a final exam. The module is structured into 40% contact hours and 60% self-study. For this self-study, students are asked to complete the FAO/INFOODS e-Learning on Food Composition Data. It is declared as compulsory and exam questions can be drawn from its contents.

Success

It is too early to notice or measure any effect (or success) of this implementation. But the fact that food composition is now a formal and compulsory part of the nutrition and dietetics training should certainly be seen as a success. And hopefully, one day, these lectures will also be incorporated into the programme of the other university in Geneva.

