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United Nations Institute for Training and Research

Unitar Online Catalogue

CIFAL Istanbul - NTD3170 Nutrition Education and Counseling



: 9 9 2024

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Public Lecture

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Istanbul, Türkiye

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23 9 2024 to 27 12 2024

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14 Hours

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Decentralize Cooperation Programme

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<https://cifalistanbul.org/>

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US\$0.00

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cisil.sohodol@eas.bau.edu.tr

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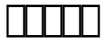
CIFAL Istanbul, Bahçeşehir University



The primary aim of this course is to convey how learning, motivation, and behavioral change theories and strategies can be applied through nutrition education to facilitate behavioral changes towards healthy eating.



Assesses the nutritional knowledge level, interest in nutrition, and practices of the client. Determines the client's readiness for change. Prepares content for nutrition education programs at different levels, develops materials, and implements these education programs. Identifies barriers to nutrition education and behavioral change and makes adjustments to the education and counseling program to address these issues.



The content of this course includes the development, implementation, and evaluation of nutrition education programs aimed at increasing nutritional knowledge, as well as key considerations when providing nutrition counseling to individuals and groups.



The methodology for this course is encouraging learning through lecture notes, books and exams. The exams assess knowledge and are listed as one midterm, one final and one project. The projects are known to encourage students with creativity which leads to lifetime learning.



Students of Bahçeşehir University