



## Certificate of Achievement

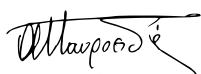
# Abhay Chaudhary

has completed the following course:

**NUTRITION AND WELLBEING**  
**UNIVERSITY OF ABERDEEN**

This online course explored the scientific basis of human nutrition, and current nutrition concepts and controversies. It helped demystify the complex and often conflicting messages about diet and health from sources like the media, food industry and scientific community.

4 weeks, 3 hours per week



**Dr Alex Mavroeidi**  
Honorary Lecturer at The Institute of Medical Sciences  
University of Aberdeen



**Professor Alexandra Johnstone**  
Personal Chair, The Rowett Institute  
University of Aberdeen



The person named on this certificate has completed the activities in the attached transcript. For more information about Certificates of Achievement and the effort required to become eligible, visit [futurelearn.com/proof-of-learning/certificate-of-achievement](https://futurelearn.com/proof-of-learning/certificate-of-achievement).

This learner has not verified their identity. The certificate and transcript do not imply the award of credit or the conferment of a qualification from University of Aberdeen.



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#### **STUDY REQUIREMENT**

4 weeks, 3 hours per week

#### **LEARNING OUTCOMES**

- Describe components of a healthy diet
- Identify principles of healthy eating
- Apply principles learned to assess their own dietary intake
- Develop an understanding of good examples of evidence based research
- Calculate their own Body Mass Index (BMI)
- Explore the influences on food choice and eating behaviors
- Identify current nutrition controversies
- Discuss their own views on food and eating

#### **SYLLABUS**

By the conclusion of the course, learners will be able to:

1. • Identify the principle constituents of food, along with foods and dietary patterns that meet current UK based dietary recommendations and are associated with reduced risk of common chronic diseases.
2. • Understand and evaluate nutrition information, advertising, and news in the media.
3. • Apply nutrition knowledge to personal food choices and dietary patterns