



# Prevention, diet and health benefits

## Objectives

This programme aims to train engineers to meet **new challenges** in **food** safety through **health prevention tools**.

**The programme focuses on four key areas:**

>> Functional food and **innovations in food and health**

>> Impact of diet on the **nutritional status** of **individuals** and **populations**

>> Education, promotion and communication in **public health**

>> (Scientific, technical and regulatory) **health surveillance** in the fields of **nutrition, dietetics** and **food hygiene**.

## Who is the programme for?

The programme is for people interested in **nutrition** (genetic, cellular, physiological and biological aspects), **food safety** and individual **health and well-being**. It is also for people wishing to develop skills in **food and health management** within a context of **sustainable development** (preservation of natural resources) and an **intercultural environment** (international, developing countries).

## Career opportunities

>> **Sectors:** food, services, inter-trade organisations, government agencies.

>> **Positions:** Nutrition/health communications manager, Nutrition/food safety consultant, Regulations/quality/control manager, Research & Innovation engineer.

## Content

- > Human nutrition and nutraceuticals
- > Nutrigenomics and genetic diseases
- > Early origins of nutritional pathologies
- > Phytochemistry, phytotherapy, pharmacognosy
- > From therapeutic innovation to medicines
- > Pre-clinical and clinical research
- > Physiopathology of stress and management of its consequences
- > Initiation to cosmetics
- > Health promotion and education
- > Strategy, innovation and communications in food and health
- > Health and environmental risk management
- > Food supply and distribution systems
- > Nutrition in developing countries
- > Research & Development projects for Agrocréativ'.

Six-month company placement

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