

Preliminary teaching program 2026-2027

Code	Course unit name	Score (cr)	Period	Mode of teaching / Method of completion	Language of instruction*	Open university studies	Open to exchange students	Open to students from other degree programmes
NUTR-201	The kaleidoscope of human nutrition studies	5 cr	1.-2. period	contact teaching	English	no	no	no
NUTR-202	Dietary assessment methods	5 cr	1.-2. period	contact teaching	English	no	no	no
NUTR-203	Nutritional status assessment	5 cr	3.-4. period	contact teaching	English	no	no	no
NUTR-204	Evidence on nutrition and health	5 cr	1.-2. period	contact teaching	English	no	yes**	yes**
NUTR-205	Advanced literature examination	5 cr	1.-4. period	independent work	English	no	no	no
NUTR-207	Master's thesis seminar (fall start)	5 cr	1.-4. period	contact teaching	English, Finnish	no	no	no
NUTR-207	Master's thesis seminar (spring start)	5 cr	3.-2. period	contact teaching	English, Finnish	no	no	no
NUTR-208	Master's thesis	30 cr	1.-4. period	independent work	English, Finnish	no	no	no
NUTR-211	Advanced Nutritional Physiology	5 cr	1.-2. period	contact teaching	English	no	yes**	yes**
NUTR-212	Diet related molecular mechanisms of chronic diseases	5 cr	3.-4. period	contact teaching	English	no	yes**	yes**
NUTR-213	Experimental nutrition research	5 cr	1.-2. period	contact teaching	English	no	no	no
NUTR-221	Nutrition and society	5 cr	1.-2. period	contact teaching	English	yes*	yes	yes
NUTR-223	Nutritional epidemiology	5 cr	3.-4. period	contact teaching	English	no	no	no
NUTR-225	Health Promotion through Food Services	5 cr	2. period	contact teaching	English	no	yes	yes
NUTR-226	Food Systems and Nutrition in Low- and Middle-Income Countries	5 cr	3.-4. period	contact teaching	English	yes*	yes	yes
NUTR-241	Development of Scientific expertise in Nutritional Physiology	5 cr	1.-4. period	independent work	English, Finnish	no	no	no
NUTR-242	Development of Scientific expertise in Public Health Nutrition	5 cr	1.-4. period	independent work	English, Finnish	no	no	no
NUTR-251	Traineeship	5 cr	1.-4. period	independent work	English	no	no	no
NUTR-252	Research Group Internship	1 - 5 cr	1.-4. period	independent work	English, Finnish	no	no	no
NUTR-253	Service-Learning	1 - 5 cr	1.-4. period	independent work	English, Finnish	no	no	no
NUTR-254	Other discipline-related activities	1 - 5 cr	1.-4. period	independent work	English, Finnish	no	no	no
NUTR-255	Portfolio	2 cr	1.-4. period	independent work	English, Finnish	no	no	no
HNFB-206	Advanced literature examination, food-related behaviour*	5 cr	1.-4. period	independent work	English	no	no	no

* students, who have started before 2026 in the Human Nutrition and Food-Related Behaviour (HNFB) programmes's FB-track

*In the multilingual master's programme, regardless of the language of instruction, it is possible to complete all courses in Finnish, Swedish, or English, depending on the language of the degree, except for the Master's thesis, which must be written in English if the student has chosen English as the language of their degree

*limited number of places

** The course is available for exchange students with appropriate prior learning, upon availability
*** Open to exchange students if the universities have exchange related to teaching development cooperation (e.g. TFK).

** The course is available for students from other Master's programmes with appropriate prior learning, upon availability