

Examples of positive comments

8/10

I enjoyed this course as it was very inclusive giving a realistic overview of how food sustains us. I particularly appreciated the input which covered sustainability. Often health advice and education can be a bit unrealistic. Yes, we know what we should do and eat but incorporating this into daily life isn't always so straightforward. This course gave us the facts to work with. Very good.

28/09

This is a life changing course. this course has the ability to prolong your life and give you a healthy life.

If you decide to put the knowledge acquired to practice you will really benefit from the course.

15/09

This course looks at the importance of food in our daily existence, and most importantly, the impact that this has on our health through nutritional choices, some of which we may not be that fully aware of. As we are dependent on external sources of nutrition, the various building blocks are examined. This is done simply, in a relaxed manner. Students are encouraged to participate in exercises and are prompted to provide examples from their background and cultures. There are so many diseases and pathologies which arise because of a misalignment of our nutritional needs. The term malnutrition is explored in its widest sense. In summary I would say that this course was educational and enjoyable, and I heartily recommend it.

1/08

This is an excellent course for everyone interested in nutrition and sustainability, not just medicine professional. It provides useful examples and stimulates students to participate. I highly recommend it!

Examples of negative comments

Run 1

Final step:

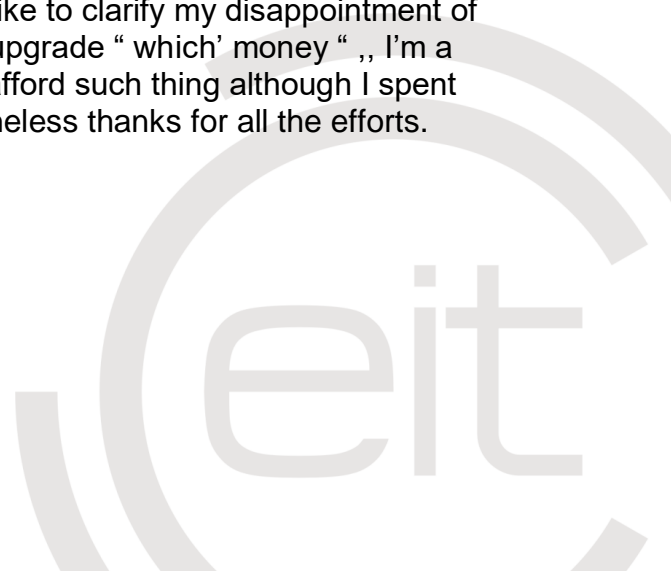
Interesting course although there were parts where odd sentences didn't make much sense - they seemed to be incomplete - which was a bit of a distraction

06/09/2021

I reflected my opinion two steps previously, but I'd like to clarify my disappointment of the thing about the certification and that's it needs upgrade " which' money " ,, I'm a student and from a developing country and I can't afford such thing although I spent three weeks here and participating actively, nevertheless thanks for all the efforts.

24/08/2021

Final step week 2:



I greatly enjoyed the GP-patient scenarios for all the wrong reasons. Totally unrealistic or unbelievably bad.

10/09/2021 + 1 reply below:

I was trying to be discreet but maybe it had to be said. I do believe there would be some medical negligence suits if the patient had gone home and taken a stroke.

21/09/2021

Learner review:

The course was not right for me, possibly due to prior learning I did not really get any new information.

3/08/21

Run 2

End of course survey

I was disappointed with the clear bias throughout this course against eating meat. The whole emphasis was pushing Plant Based diets as the only sustainable diets and the need for everyone to move towards plant based diets. This sort of thinking is so narrow because it simply isn't going to happen. Currently we are in the grip of Covid 19 which has claimed the lives of over 5 million people around the planet yet some people still refuse to wear a mask. However, the people who developed this course, and many others, seem to think there is going to be a massive shift in eating habits because it's best for the planet. Sorry but that's burying your head in the sand. Realistically you need to think again! What's Plan B?