



## EURRECA E-Learning Fact Sheet

### Why e-learning?

- EURRECA developed e-learning modules to share the findings of the project, both with partners and those outside the EURRECA Network.
- E-learning is a powerful tool. Well-structured materials, with visual animations and interactive exercises, can stimulate the learning process in target groups with differing background knowledge.
- E-learning modules have more potential to promote active learning, allow individualised feedback and reduce the risk of overloading students compared to lectures or traditional learning materials, such as study books.

### Who are the e-learning modules for?

- The target audience for the e-learning modules includes:
  - *Students (MSc, PhD)*
  - *Researchers*
  - *Policymakers*
  - *Other professionals wishing to update their knowledge*
- The modules are used both within academic courses and by individual distance learners. They have been used in courses in Wageningen (the Netherlands), Warsaw (Poland), and Oslo (Norway) and by individuals seeking to update their knowledge.

### How were the e-learning modules developed?

- The modules were designed and created by a team of scientific staff, lecturers and researchers, alongside an instructional designer with content knowledge and experience in designing digital learning materials.
- The development of these modules builds on previous work on digital learning material.
- Module content was reviewed by independent experts and materials were developed by the IT company Topshare.

### How can the e-learning modules be accessed?

- Currently, EURRECA members only can access the e-learning modules via the EURRECA website, using their own unique EURRECA username and password. Click on the module titles below to find them.
- EURRECA members, to take the modules, you must first [configure your browser settings](#).
- If you do not have a EURRECA login, you can view a demo version of the modules [here](#).
- For more information about the e-learning modules contact:

Wageningen University  
Division of Human Nutrition  
PO Box 8129, 6700 EV Wageningen  
Tel: + 31 317 483424  
Fax: + 31 317 482782  
Adrienne.Cavelaars@wur.nl

## About the e-learning modules

Three modules were created:

### 1. **Reproducibility and validation studies within nutritional research**

- ✓ The aims and principles of evaluation studies in the context of nutritional research.
- ✓ How errors in dietary assessment affect the interpretation of results from nutrition surveillance and nutritional epidemiology.
- ✓ How evaluation studies can be used to obtain estimates of potential errors.

### 2. **Nutrient Requirements & Recommendations**

- ✓ How nutritional reference values are being derived.
- ✓ How they can be used in evaluating nutrient intake adequacy at both the group and individual level.

### 3. **Study designs and assessment of validity**

- ✓ Evaluation of internal validity (risk of bias) and external validity of study types used to provide evidence for the determination of nutritional reference values.

The illustration below shows an interactive page from module 2.

The screenshot shows the 'eurreca' logo and the title 'Nutrient Requirements and Recommendations' at the top. A navigation menu on the left lists various sections, with 'Step 2: Choose the appropriate reference standard' selected. The main content area is titled 'Step 2: Choose the appropriate reference standard (Page 1/3)'. It contains a graph with two bell curves: a narrow one labeled 'Theoretical requirement distribution' and a wider one labeled 'Distribution of usual intakes'. The x-axis is 'Nutrient X (mg/d)' from 0 to 7. A vertical dashed line marks the 'Median intake' at approximately 4.5. Below the graph, there are several text boxes and dropdown menus for selecting values for ANR, INL<sub>97.5</sub>, and INL<sub>75</sub>. A 'Submit' button is at the bottom.

For more information about the EURRECA Network of Excellence visit [www.eurreca.org](http://www.eurreca.org).