

Información del Plan Docente

Academic Year	2017/18
Faculty / School	229 - Facultad de Ciencias de la Salud y del Deporte
Degree	441 - Degree in Human Nutrition and Dietetics
ECTS	9.0
Year	2
Semester	Annual
Subject Type	Compulsory
Module	---

1.General information**1.1.Introduction****1.2.Recommendations to take this course****1.3.Context and importance of this course in the degree****1.4.Activities and key dates****2.Learning goals****2.1.Learning goals****2.2.Importance of learning goals****3.Aims of the course and competences****3.1.Aims of the course****3.2.Competences****4.Assessment (1st and 2nd call)****4.1.Assessment tasks (description of tasks, marking system and assessment criteria)****5.Methodology, learning tasks, syllabus and resources****5.1.Methodological overview**

In the theoretical program, it is considered of great importance the acquisition by the student of basic and applied knowledge of Dietetics. For one hand, the work tools for the preparation of diets (Tables of household measures, food portions, food exchange lists) and on the other hand, the concept of healthy eating and dietary recommendations for the healthy adult, so the student is trained to make a healthy diet. After having acquired this knowledge, it is fundamental to teach the student the dietary guidelines necessary for the diet and menu planning according to the physiological states of the adult (pregnancy, lactation and the elderly) and other forms of food such as vegetarian and different foods according other cultures. Finally, the theoretical program ends with the bases of food services management, including the manual of

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hospital diets. These last concepts precede the subjects of Diet Therapy and Management of food services that are taught in the third year, where Dietetics is applied in the dietary treatment of diseases in individuals and groups.

5.2.Learning tasks

The course is organized according the following learning tasks:

- Lectures: 45 hours. Face to face. The basic theoretical concepts are exposed in classroom.

- Practical sessions in class: 40 hours. Face to face. Practical seminars, laboratory and computer sessions that complement the theoretical training, so that the students can develop the knowledge of the application of the methodology, and related contents. In these practical sessions the student can also demonstrate his ability to work as a team in solving the cases raised.

-Tutorials scheduled for the preparation of a group work: 5 hours. Fce to face scheduled for the preparation of a group work.

- Assessment activities: the evaluation will take: 20 minutes for the oral presentation of the practice group case, 2 hours for the written test and 1 hour for the practical case resolution test.

The learning process is facilitated by the hours of tutoring, both the weekly ones to solve general aspects of the subject, and tutorials specific to the individual work.

5.3.Syllabus

Theoretical classes (45 contact hours)

PART I - BASES AND FUNDAMENTALS OF DIETETICS

Lesson 1. Introduction to Dietetics and professional profile of Dietitian-Nutritionist.

Lesson 2. Dietetic tools I.

Lesson 3. Dietary habits,health and disease.

Lesson 4. Nutrition in healthy adult and nutritional goals for the population.

Lesson 5. Healthy eating: dietary guidelines.

Lesson 6. Culinary preparations in healthy eating.

Lesson 7. Food consumption and nutritional profile in Spain

Item 8. Dietetic tools II.

PART II - DIET IN DIFFERENT PHYSIOLOGICAL STAGES OF ADULT HEALTHY.

Lesson 9. Nutrition and food in pregnancy

Lesson 10. Nutrition and feeding in infancy

Lesson 11. Food in menopause and elderly

PART III -DIET AND LIFESTYLE

Lesson 12. Mediterranean Diet

Lesson 13. Vegetarian Diets

Lesson 14. Food and dietary patterns of other cultures

PART IV - BASIS OF FOOD SERVICES

Lesson 15. Introduction to food services.

Lesson 16. Diets manual

2. Practical classes (45 hours)

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Practical seminars (44 contact hours): classroom seminars, laboratory and computer sessions.

- Household measures. Food portions and serving sizes.
 - Preparation of common recipes.
 - Healthy menu planning.
 - Healthy diets by the method of weights.
 - Food exchange lists for making diets.
 - Preparation of healthy diets by the method of Food Exchange System.
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- Nutritional assessment of healthy menus with informatic tool.
 - Healthy diet and menu planning in gestation using informatic tool.
 - Healthy diet and menu planning in overweight using informatic tool.
 - Vegetarian diet seminar.

Development of a individual work on healthy diet and menu planning. This work includes:

- Dietary history of the patient.
- General anthropometric data (age, sex, weight, height)
- Total energy expenditure and caloric value of the diet.
- Distribution of exchanges in the day.
- Diet and recommendations.
- Weekly menu
- Nutritional assessment of 3 days menu and compared to CDR.

5.4.Course planning and calendar

The planning of the course and the dates of the activities will be exposed at the beginning of the academic year.

5.5.Bibliography and recommended resources