

## 29212 - Dietetics

### Syllabus Information

**Academic Year:** 2020/21

**Subject:** 29212 - Dietetics

**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.Aims of the course

#### 1.2.Context and importance of this course in the degree

#### 1.3.Recommendations to take this course

### 2.Learning goals

#### 2.1.Competences

#### 2.2.Learning goals

#### 2.3.Importance of learning goals

### 3.Assessment (1st and 2nd call)

#### 3.1.Assessment tasks (description of tasks, marking system and assessment criteria)

### 4.Methodology, learning tasks, syllabus and resources

#### 4.1.Methodological overview

The methodology followed in this course is oriented towards the achievement of the learning objectives. A wide range of teaching and learning tasks are implemented, such as lectures, practice sessions, tutorials and assessment tasks.

#### 4.2.Learning tasks

This course is organized as follows:

- **Lectures** (45 hours). Theory contents are explained to the students.
- **Practice sessions** (40 hours). Practical seminars, laboratory and computer sessions that complement the theoretical training, so that the students learn how to apply the methodology, and related contents. In these practice sessions the students can also demonstrate their ability to work in teams in order to solve cases.
- **Tutorials** (5 hours). Scheduled for the preparation of a group assignment.
- **Assessment tasks** (20 minutes for the oral presentation of the group case, 2 hours for the written test and 1 hour for the case resolution test).
- **Autonomous work and study**. The learning process is facilitated by tutorials, both the weekly ones to solve general aspects of the course, and specific tutorials for the autonomous work.

#### 4.3.Syllabus

This course will address the following topics:

## **Lectures**

### Section I - Bases and Fundamentals of Dietetics

- Topic 1. Introduction to Dietetics and professional profile of Dietitian-Nutritionist.
- Topic 2. Dietetic tools I.
- Topic 3. Dietary habits, health and disease.
- Topic 4. Nutrition in healthy adult and nutritional goals for the population.
- Topic 5. Healthy eating: dietary guidelines.
- Topic 6. Culinary preparations in healthy eating.
- Topic 7. Food consumption and nutritional profile in Spain
- Topic 8. Dietetic tools II.

### Section II - Diet in Different Physiological stages of adult health

- Topic 9. Nutrition and food in pregnancy
- Topic 10. Nutrition and feeding in infancy
- Topic 11. Food in menopause and elderly

### Section III - Diet and Lifestyle

- Topic 12. Mediterranean Diet
- Topic 13. Vegetarian Diets
- Topic 14. Food and dietary patterns of other cultures

### Section IV - BASIS OF FOOD SERVICES

- Topic 15. Introduction to food services.
- Topic 16. Diets manual

## **Practice 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.
- Nutritional assessment of healthy menus with computer tool.
- Healthy diet and menu planning in gestation using computer tool.
- Healthy diet and menu planning in overweight using computer tool.
- Vegetarian diet seminar.

**Individual assignment** development on a healthy diet and menu planning. This assignment 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.

## **4.4.Course planning and calendar**

Further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this course will be provided on the first day of class or please refer to the Faculty of Health and Sport Sciences website and Moodle.

## **4.5.Bibliography and recommended resources**

[http://biblos.unizar.es/br/br\\_citas.php?codigo=29212&year=2020](http://biblos.unizar.es/br/br_citas.php?codigo=29212&year=2020)