Universidad Zaragoza

Year : 2020/21

30819 - Nutrition and dietetics

Syllabus Information

Academic Year: 2020/21
Subject: 30819 - Nutrition and dietetics
Faculty / School: 105 - Facultad de Veterinaria
Degree: 568 - Degree in Food Science and Technology
ECTS: 6.0
Year: 2
Semester: Second semester
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 achievement of the learning objectives. It favors the acquisition of knowledge related to nutrition and diet. A wide range of teaching and learning activities are implemented, such as lectures, practice sessions, and assignments.

Students are expected to participate actively in the class throughout the semester. Classroom materials will be available via ADD Moodle. These include a repository of the lecture notes used in class, the course syllabus, as well as other course-specific learning materials.

Further information regarding the course will be provided on the first day of class.

The learning process that is designed for this course is based on the following:

The course includes 6 ECTS structured in 45 participatory lectures and 15 hours of practice; The practical hours are divided into a 3-hour seminar in computer classroom (S-ND1), a 4-hour laboratory session (P-ND1), a 4-hour classroom session (P-ND2), and a 4-hour computer classroom session with nutrition and dietetics software (P-ND3). The preparation of assignments and reports will require the corresponding hours of autonomous work of the students as well as individual tutorials.

Students must follow the regulations described in:

- Prevention: A guide for students at the University of Zaragoza: http://uprl.unizar.es/publicaciones/estudiantes_ingles.pdf
- Manual de seguridad en los laboratorios de la Universidad de Zaragoza y normas marcadas por la Unidad de Prevención de Riesgos Laborales:

http://uprl.unizar.es/seguridad/pdfs/seglaborUZ.pdf
http://uprl.unizar.es/seguridad/pdfs/laboratorios.pdf

In addition, students will follow as well any instructions related to biosecurity given by the professor

4.2.Learning tasks

The course includes the following learning tasks:

- Regarding participatory lectures, it is intended to facilitate the documentation of each topic in advance for the student to review it before the corresponding class. In some cases sources of information, tables and graphs will be in English, so students have a glossary of technical terms related to the subject and its corresponding equivalence to Spanish. During the classes the different learning activities will cover all lessons of the program.
- The seminar S-ND1 is taught in English, and students will work on the study of nutrition and health claims made on foods.
- The laboratory practice P-ND1 is dedicated to the analysis of compounds of nutritional interest, as well as to the interpretation of the nutritional information of the food labeling.
- The P-ND2 session in the classroom is dedicated to carrying out a dietary survey tutored by the teachers.
- The P-ND3 session in the computer room is dedicated to the use of nutrition and dietetics software to assess and prepare diets.

A written report of the practical sessions, consisting of the analysis and interpretation of the results, will be asked to each student.

All teaching materials for the course (class notes, protocols of practices, dietary survey, support material, recommended bibliography, web addresses) will be available in advance on the Teaching Digital Ring (ADD-Moodle) of the University of Zaragoza and reprographic service of the Veterinary Faculty of Zaragoza.

4.3.Syllabus

The course will address the following topics:

A: Lectures

- **Topic 1 Introduction to the course and basic concepts.** Presentation of the subject, learning outcomes, program activities, teaching materials, evaluation systems and criteria, and other aspects of interest. Basic concepts of human nutrition. 0.3 ECTS
- **Topic 2 Nutrients and energy.** Energy and energy balance. Carbohydrates. Fibre. Lipids. Proteins. Vitamins. Minerals. Water. Nutrient requirements and recommendations. Basis of energy and nutritional balance. 1.6 ECTS
- **Topic 3 Nutritional value, nutrition information, nutrition and health claims made on foods.** 0.6 ECTS
- **Topic 4 Diet:** Basic concepts; food guides and dietary goals; tables and databases of food composition and rations; basis for diet design; types of diets. 0.4 ECTS
- **Topic 5 Diets according physiological stages:** pregnant, infants, children, adolescents, adults, elderly. 0.9 ECTS
- **Topic 6 Diets for people with specific needs:** vegetarian diets, alternative diets, diets for sport. Diet and health. 0.7 ECTS

B: Practice sessions and seminars

- **Topic 1 Problems and case studies of nutrition and health claims made on foods.** This session will be given in English. 0.3 ECTS
- **Topic 2 Practice of nutritional analysis and interpretation of nutrition information of a food label.** 0.4 ECTS
- **Topic 3 Conduct a dietary survey.** 0.4 ECTS
- **Topic 4 Evaluation and preparation of diets using a computer program.** 0.4 ECTS

Note: Practice groups are set by the Center. Changes of practice group will only be accepted by permutation between students and with prior notice by email, provided that the reason for the change is justified.

4.4.Course planning and calendar

The dates and key milestones of the course are described in detail, along with the other courses in the second year of Food Science & Technology Degree, on the website of the Veterinary Faculty (link: https://veterinaria.unizar.es/academico/plan-estudios-grado-cta/). This link will be updated at the beginning of each academic year.

Theoretical classes begin in February and will continue through May of each academic year. They will be held in a Room of Central Building assigned by the Center.

Practical classes: groups and schedule will be coordinated by the Center. They will be taught in laboratories of the Unit of Nutrition and Food Science (Zootecnia Building), and in computer classrooms and other Rooms assigned by the Center.

Written final exam of multiple choice: will last 2.5 hours.

Tutorials will be conducted at any time agreed with the teachers of the course.

4.5.Bibliography and recommended resources

The bibliography of the current academic year is kept up-to-date and is consulted through the Library's website (search for recommended bibliography in biblioteca.unizar.es).