

29212 - Dietetics

Syllabus Information

Academic Year: 2021/22

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

2. Learning goals

3. Assessment (1st and 2nd call)

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. Dietetic prescription
- Topic 4. Dietary habits, health and disease.
- Topic 5. Nutrition in healthy adult and nutritional goals for the population.
- Topic 6. Healthy eating: dietary guidelines.
- Topic 7. Culinary preparations in healthy eating.
- Topic 8. Food consumption and nutritional profile in Spain
- Topic 9. Dietetic tools II.

Section II - Diet in Different Physiological stages of adult health

- Topic 10. Nutrition and food in pregnancy
- Topic 11. Nutrition and feeding in infancy
- Topic 12. Food in menopause and elderly

Section III - Diet and Lifestyle

- Topic 13. Mediterranean Diet
- Topic 14. Vegetarian Diets
- Topic 15. Food and dietary patterns of other cultures

Section IV - BASIS OF FOOD SERVICES

- Topic 16. Introduction to food services.
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Practice sessions

- Household measures. Food portions and serving sizes.
- Preparation of common recipes.
- Healthy menu planning.
- Healthy diets by the method of weights and portions and serving sizes.
- 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.
- Healthy diet and menu planning in older subjects using computer tool.
- Vegetarian diet seminar.
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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://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=29212>