

Academic Year/course: 2021/22

30819 - Nutrition and dietetics

Syllabus Information

Academic Year: 2021/22

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

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 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:
https://uprl.unizar.es/sites/uprl.unizar.es/files/archivos/Procedimientos/guia_preventiva_para_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:

https://uprl.unizar.es/sites/uprl.unizar.es/files/archivos/Procedimientos/manual_de_seguridad_en_los_laboratorios_de

<https://uprl.unizar.es/inicio/manual-de-procedimientos>

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. Basic concepts of human nutrition. Nutrient groups and their general functions. Recommended intakes. Evolution of the concept of nutrition. 0.4 ECTS
- **Topic 2 Nutrients and energy.** Energy and energy balance. Carbohydrates. Fibre. Lipids. Proteins. Vitamins. Minerals. Water. 1.7 ECTS
- **Topic 3** Nutritional and healthy value of food. Nutritional value and food composition tables. Factors that affect the nutritional value. Nutrition claims. Enriched and functional foods with healthy properties. 0.4 ECTS
- **Topic 4 Dietetics:** Basics concepts of dietetics. Bases of energy and nutritional balance. Principles of diet planning. Dietary guidelines and nutritional goals. 0.4 ECTS
- **Topic 5** Guide for a healthy, varied and balanced diet. Recommendations for a healthy, responsible and sustainable diet. Design of a balanced and healthy menu. Interpretation of food labeling and nutrition information. 0.4 ECTS
- **Topic 6** Diets in the different situations of life. Diet during pregnancy, lactation and menopause. Diet in the infantile and juvenile stage. Diet in the elderly. Other diets. 1.2 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.

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).

Additionally, the ADD-Moodle of the course includes an updated file with websites of interest in Nutrition and Dietetics.