

Academic Year/course: 2022/23

## 29222 - Childhood Nutrition and Food

### Syllabus Information

---

**Academic Year:** 2022/23

**Subject:** 29222 - Childhood Nutrition and Food

**Faculty / School:** 229 - Facultad de Ciencias de la Salud y del Deporte

**Degree:** 441 - Degree in Human Nutrition and Dietetics

**ECTS:** 6.0

**Year:** 3

**Semester:** Second semester

**Subject Type:** Compulsory

**Module:**

### 1. General information

### 2. Learning goals

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

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

The student must demonstrate that they have achieved the expected learning outcomes through the following assessment activities

- GLOBAL ASSESSMENT TESTS

1.- Carrying out an individual written test on the theoretical content:

The test consists of a series of questions about the theoretical contents of the subject. Development questions are raised, short answer. Passing this test accredits the achievement of learning results number: 1,2 and 4.

The test will account for 70% of the weighting for the final grade for the course.

2.- Carrying out an individual written test on the practical content:

The test consists of a series of questions and / or exercises to be solved derived from the practical seminars and visits to the health center. Passing this test accredits the achievement of learning outcomes number: 1, 3, and 5.

The test will account for 30% of the weighting for the final grade for the course.

In the event that the evaluation is carried out virtually, the exams will have the same characteristics as the described above, but will be carried out through the teaching digital ring (ADD) and the videotelephony service Google Meet.

Attendance to class will be positively valued.

Assessment tests for students who take the September call

Those students who have to attend the second call of the same academic year (September) for not having passed the subject in the first call, the evaluation will be similar to that of the first call students.

Grading system.

The numerical qualification will be expressed in accordance with the provisions of art. 5.2 of Royal Decree 1125/2003 of September 5 (BOE September 18), which establishes the European credit system and the system of qualifications in university degrees of an official nature and valid throughout the national territory ?. Thus, the grades will be established in the following range: From 0 to 4.9: Fail (S); from 5.0 to 6.9: Pass (A); 7.0 to 8.9: Notable (N); from 9.0 to 10: Excellent (SB). The mention Honors may be awarded to students who have obtained a grade equal to or greater than 9.0.

### 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, internships, fieldwork, and exams.

## 4.2. Learning tasks

This course is organized as follows:

- **Lectures** (30 hours). The teacher exposes theory contents. Attendance will be positively evaluated.
- **Practice sessions** (23 hours). Two/three-hour problem-solving sessions.
- **Internship** (7 hours) in the pediatrics consultation of a Primary Care Center. During the clinical internship at the primary health care center, the competencies acquired in the classroom may be supplemented, especially in relation to its application in health and in the development of other transversal activities (communication with the patient, clinical skills, prevention, etc).
- **Fieldwork** in an intervention project with obese children. Held in small groups, the student is expected to acquire skills and competences in the management of small equipment and instruments, dietary surveys and other material used in the assessment of nutritional status in children and adolescents. The student can also demonstrate his ability to work in teams and respect for other professionals.
- **Exams** (2 hours).

## 4.3. Syllabus

This course will address the following topics:

### Theory sessions

- Age and maturity of the child.
- Nutritional status assessment of infant and child.
- Nutritional requirements in pediatrics.
- Dietary recommendations in pediatrics.
- Breastfeeding and formula feeding.
- Physical activity of children and adolescents.
- Pathophysiology and nutritional disorders in children.
- Artificial nutrition in pediatrics.
- Nutrition in the immigrant adopted or refugee children.
- Maternal nutrition and prenatal disorders.

### Practice sessions

- Visit the consultation of Pediatrics at a primary health care center.
- Basic anthropometric assessment in infants.
- Breastfeeding seminar.
- Diet and menu planning for infants, young children, and school age.
- Development of education guidelines for healthy eating in children.
- Diet and menu planning for food allergies and intolerance.
- Diet and menu planning for acute gastroenteritis.
- Diet and menu planning for vegan children.
- 

## 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 (<https://fccsyd.unizar.es/academico/horarios-y-calendarios>) and Moodle.

## 4.5. Bibliography and recommended resources

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=29222>