

29346 - Odontology: Nutrition and Diet

Syllabus Information

Academic year: 2023/24

Subject: 29346 - Odontology: Nutrition and Diet

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

Degree: 442 - Degree in Odontology

ECTS: 3.0

Year: 3

Semester: Second semester

Subject type: Optional

Module:

1. General information

One of the basic pillars of oral health is prevention and, therefore, motivating in this aspect is one of the most important tasks of dental professionals.

The general objective of the subject is to provide knowledge about the nutrients and other components of the diet involved in the formation and maintenance of oral structures, as well as the preventive role of food in oral health. Therefore, it allows the students to be initiated in the field of Nutrition and Dietetics from the point of view of its application in the dental clinic in order to improve the oral health of any patient.

The acquisition of the learning results of the subject provides training and competency to contribute to the achievement of the following Sustainable Development Goals of the United Nations 2030 Agenda:

- Goal 3: Health and Wellness.
- Goal 4: Quality Education.

2. Learning results

By taking this subject, students will learn the most relevant aspects of nutrition and food for their profession and will have sufficient resources to make preventive dietary recommendations in this regard that will help to maintain an adequate oral health.

Thus, the learning results that students must demonstrate in order to pass the subject are:

1. Describe the nutritional utilization (digestion, absorption and metabolism) of the most important nutrients in oral health and identify their relationship to oral health.
2. Classify foods according to their most important nutritional characteristics and know the current recommendations to achieve a healthy diet.
3. Elaborate, justify, based on the most solid scientific evidence, and transmit clear recommendations on dietary measures for the maintenance and promotion of oral health and in those situations that require specific measures.

3. Syllabus

Theoretical contents:

1. Introduction to nutrition and food
2. Overview of nutrients and other compounds in foods.
3. Carbohydrates and oral health.
4. Vitamins and minerals involved in oral health.
5. General nutritional characteristics of foods.
6. Healthy eating: Food guides. Mediterranean Diet.
7. Assessment of dietary habits in the dental office.

Practical contents:

1. Interpretation of food labelling.
2. Case analysis of dental practice.
3. Scientific evidence: Dietary recommendations - Dental caries/erosion.
4. Scientific evidence: Dietary recommendations - Adjuvant in dental treatments.
5. Dietary recommendations for the maintenance and promotion of oral health.

4. Academic activities

The distribution of the subject will be as follows:

- 2 ECTS dedicated to theory sessions where a global vision of the subject will be offered, paying special attention to those key concepts and bibliographic resources will be recommended in order to go deeper into the contents.

- 1 ECTS dedicated to practical seminars oriented to the elaboration of recommendations on dietary measures for the maintenance and promotion of oral health, through the analysis of clinical cases and the reading and evaluation of scientific articles.

Attendance and active participation in the theoretical classes and practical seminars is recommended.

The materials necessary for the follow-up of the classes, as well as information about the subject (calendar of sessions, tutoring information, etc.) will be available in the corresponding subject of the Digital Teaching Ring.

5. Assessment system

1. Written test: It includes multiple-choice and short questions for the evaluation of the theoretical and practical contents of the subject . It is passed with a minimum of 5 out of 10 and represents 70% of the final grade.

2. Elaboration of recommendations on dietary measures for the maintenance and promotion of oral and dental health and in those situations that require specific measures: It is passed with a minimum of 5 out of 10 and represents 30% of the final grade. Criteria for this evaluation test:

- Adequacy of the recommendations to the available scientific evidence and clarity in the wording.
- Adequate justification of the recommendations by referring to and commenting on the bibliography on which the recommendation is based.
- Correct expression (concepts, terms, etc.) and presentation of examples of recommendations made to achieve understanding.

Both evaluation activities must be passed separately. If any of them is not passed, the grade in the minutes will be that of the failed activity.