

## 30819 - Nutrition and dietetics

### Syllabus Information

**Academic year:** 2024/25

**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

The main objective of this subject is to know the nutrients and other food components, their functions in the organism, their relationship with health, as well as nutritional and dietary needs and recommendations. Likewise, it aims at the practical application of the acquired knowledge to the planning and elaboration of varied, balanced and healthy diets, in the different physiological stages and special situations, as well as to the development of new enriched and functional foods.

These approaches and objectives are aligned with the Sustainable Development Goals (SDGs) of the 2030 Agenda of United Nations (<https://www.un.org/sustainabledevelopment/es/>), so that the acquisition of the learning results of the subject will contribute to some extent to the achievement of Goals 2, 3 and 12.

### 2. Learning results

- Is able to understand the fundamentals of human nutrition and dietetics, to identify and know the nutrients and their functions, as well as to know how to value and express the nutritional and energetic value of foods.
- Is able to integrate and evaluate the relationship between nutrients and other food components with health, as well as to know the basis of evidence-based nutritional and health food design .
- Knows the nutritional needs and recommendations, as well as the bases of energetic and nutritional balance, is able to plan and elaborate varied, balanced and healthy diets in the different stages of the life cycle.
- Is able to obtain, through team work, and interpret in an individual written report, the precise data for a nutritional analysis and an evaluation of functional components in foods .
- Is able to carry out a dietary survey and evaluate its nutritional and dietary results by using computer programs, as well as to know how to carry out a dietary exercise adapted to different physiological stages
- Is able to search, manage and use sources of information on nutrition and dietetics (available both in Spanish and English), as well as to elaborate a bibliographic summary on a relevant topic in order to demonstrate informational skills (referencing works, using reliable sources of information and filtering the most relevant information)

### 3. Syllabus

#### Theoretical teaching

Block 1. Introduction to the subject and basic concepts.

Block 2. Nutrients and energy.

Block 3. Nutritional and health value of food.

Block 4. Dietetics and dietary guidelines.

Block 5. Recommendations for a healthy, varied and balanced diet.

Block 6. Diets in different life situations.

#### Practical teaching

Session P-ND1. Analysis of compounds of nutritional interest.

Session P-ND2. Food labeling and nutritional information.

Session P-ND3. Three-day food and beverage consumption record.

Session P-ND4. Evaluation and elaboration of diets with the help of a computer program.

## 4. Academic activities

**Lectures (44 hours):** sessions with the teacher in which the subject syllabus will be explained.

**Laboratory practice (4 hours):** laboratory analysis session of food compounds of nutritional interest.

**Computerized practices (12 hours):** sessions to solve practical cases of food and nutrition labeling, as well as nutrition and dietetics with the help of computer tools and specific software.

**Teaching assignments and other activities (9.4 hours):** self-monitoring exercise, elaboration of a dietary survey and report writing.

**Study (74.6 hours)**

**Assessment tests (6 hours)**

## 5. Assessment system

### **Test 1 (80% of the grade, minimum of 50 correct answers out of a total of 80 questions)**

Written test of theoretical knowledge. It is a multiple-choice exam of 80 questions with 4 alternatives to evaluate the learning of the contents explained in the master classes. . During the term, a self-monitoring of the vitamin and mineral contents will be carried out, which will help the student to eliminate subject matter. The evaluation criteria are: mastery of the contents of and ability to interrelate them, use of appropriate terminology, accuracy of concepts, successful resolution of the problems posed.

### **Test 2 (20% of the grade, minimum of 5 out of 10)**

Continuous evaluation of the practices distributed throughout the semester. The practices will be assessed by correcting the written reports generated in each session. The evaluation criteria are: participation and contributions in classes (additional 5%), capacity of analysis and interpretation of the results , correct writing of the reports, use of the required tools, autonomy and student participation.

Although the two tests 1 and 2 will be held at the same time as the global evaluation test in the two official calls test 2 will be held additionally during the teaching period after the end of the corresponding practical sessions, by means of continuous evaluation.

## 6. Sustainable Development Goals

2 - Zero Hunger

3 - Good Health & Well-Being

12 - Responsible Production and Consumption