

Academic Year/course: 2022/23

## 29346 - Odontology: Nutrition and Diet

### Syllabus Information

**Academic Year:** 2022/23

**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

## 2. Learning goals

### 2.2. Learning goals

The student knows how to ?

1. Describe the nutrient utilization (digestion, absorption and metabolism) of the most important nutrients in oral health and identify their relationship with it.
2. Classify foods according to their most important nutritional characteristics and recognize the current recommendations for 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. 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 theory sessions, practice sessions, and assignments. Active participation is highly recommended.

Classroom materials (theory and practice sessions notes) and information regarding the course (course syllabus, course planning, tutorial hours information, etc.) will be available in Moodle.

### 4.2. Learning tasks

This course is organized as follows:

- **Theory sessions** (2 ECTS). In the theory sessions, conducted for the whole group, an overview of the scheduled topic for this session will be offered with special attention to the key concepts in order to understand the topic. Furthermore, resources (books, web references, most relevant scientific articles, etc.) that will allow further preparation of the course in greater depth will be recommended.
- **Practice sessions** (1 ECTS). Aimed at the development of an essay. There will be two kinds of practice sessions.
  - Those dedicated to problem-solving begin with the problem statement to the whole group, subsequently

will be resolved in pairs and finally, the results will be shared.

- Those dedicated to reading and evaluation of scientific papers or analysis of clinical cases will be made by distributing students into groups of 4 that will work on the topic proposed according to the guidelines set by the teacher which will resolve questions that may arise throughout the process. The conclusions of the different sessions will be used for the elaboration of an **essay**.

### 4.3. Syllabus

**This course will address the following topics:**

Topic 1. Introduction to nutrition and dietetics.

Section 1.- Nutrients and other dietary components.

Topic 2. Overview of nutrients and other dietary components.

Topic 3. Carbohydrates and oral health.

Topic 4. Vitamins and minerals involved in oral health.

Section 2.- Healthy eating.

Topic 5. Overview of food sources of nutrients & the food groups.

Seminar session 1. Food labelling interpretation.

Topic 6. Healthy eating: Food guides. Mediterranean diet.

Topic 7. Dietary habits assessment in the dental setting.

Section 3.- Dietary and nutritional factors in the prevention of oral diseases.

Seminar session 2. Analysis of clinical cases candidates to receive dietary advice by dental practitioners.

Seminar session 3. Scientific evidence on food and its relationship to tooth decay and erosion.

Seminar session 4. Scientific evidence about the influence of dietary and nutritional factors in the prevention of oral diseases.

Seminar session 5. Design of dietary advice for the maintenance and promotion of oral health and in those situations that require specific measures.

Seminar session 6. Presentation and discussion of recommendations on dietary measures prepared for each of the proposed cases.

### 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 Sports Sciences website and Moodle.

### 4.5. Bibliography and recommended resources

To consult the bibliography and recommended resources, you must access the *Recommended Bibliography link*.