

29235 - Applied English for Dietetics and Nutrition

Syllabus Information

Academic year: 2024/25

Subject: 29235 - Applied English for Dietetics and Nutrition

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

Degree: 441 - Degree in Human Nutrition and Dietetics

ECTS: 6.0

Year: 4

Semester: First semester

Subject type: Optional

Module:

1. General information

The main objective of the subject is the acquisition of the basic tools to successfully cope in the most common communication situations related to the field of Nutrition and Dietetics, as well as to be able to handle and produce material specific to this discipline in English at a minimum level of B1 of the CEFR.

The subject is taught in English, so it is recommended to have a basic knowledge of English (pre-level B1).

2. Learning results

In order to pass this subject, students shall demonstrate they have acquired the following results:

- Maintaining verbal interactions related to the field of nutrition and dietetics in English with patients and other professionals in this discipline.
- Handling specific nutrition and dietetics texts in English, extracting the necessary information from them.
- Producing written texts or oral speeches on topics related to nutrition and dietetics in English.

3. Syllabus

Unit 1. Nutrition and Dietetics. Nutritionists and dietitians. Clinical nutrition. Sports nutrition. Appointments. Diet history. Measuring body composition. Applying for a job. Present and past tenses.

Unit 2. Digestion. Human anatomy. Body systems. E-mails. Future tenses.

Unit 3. Food. Types of food. The food guide pyramid. Food labels. Organic food. Mediterranean diet. Junk food. Short essays. Countable and uncountable nouns.

Unit 4. In the Kitchen. Cooking tools and appliances. Cooking actions. Recipes. Comparatives.

Unit 5. Nutrition and Conditions. Taking a patient's history. Diagnosis and treatment. Eating disorders. Child, preadolescent and adult nutrition. Athletic nutrition. Blog entries. Advice and obligation.

4. Academic activities

The methodology of this course is communicative and interactive. Language learning will take place through communication activities among students and production of oral speeches, comprehension exercises and analysis of written texts, and written production tasks.

Academic activities include the following:

- Theoretical and practical group classes.
- Individual work during the four-month period related to the different communicative skills, as well as grammar and vocabulary.
- Preparation of oral presentation in group.
- Evaluation tests.

5. Assessment system

Students will have to demonstrate that they have achieved the learning outcomes through the following assessment activities.

Continuous Summative assessment

It consists in a series of learning activities implemented throughout the course, in the practical sessions. These activities may include questionnaires, writings, videos, oral presentations, play roles, etc. and will be carried out individually, in pairs or in groups. The teacher will communicate, at the beginning of the term, the exact number of tests to be taken and any other relevant information.

These practical activities sum up a 20% of the final grade, and the other 80% of the grade will be obtained with the tests described in the global exam.

Global exam

- **Written text**, at the appointed date, with the following parts:
 1. Reading comprehension: 20%
 2. Listening comprehension: 20%
 3. Use of English (grammar and vocabulary): 20%
 4. Writing: 20%
- **Oral exam** (interview or presentation, as the teacher requires): 20%

Class participation, as well as the preparation of a series of activities (both written and oral), suggested by the teacher, will be an aspect to take into account to adjust the grade.

Second call

In the second call, the tests and percentages will be the same as in the global exam.

6. Sustainable Development Goals

- 3 - Good Health & Well-Being
- 4 - Quality Education