

29212 - Dietetics

Información del Plan Docente

Academic Year	2016/17
Academic center	229 - Facultad de Ciencias de la Salud y del Deporte
Degree	441 - Degree in Human Nutrition and Dietetics
ECTS	9.0
Course	2
Period	Annual
Subject Type	Compulsory
Module	---

1. Basic info

1.1. Recommendations to take this course

1.2. Activities and key dates for the course

2. Initiation

2.1. Learning outcomes that define the subject

2.2. Introduction

3. Context and competences

3.1. Goals

3.2. Context and meaning of the subject in the degree

3.3. Competences

3.4. Importance of learning outcomes

4. Evaluation

5. Activities and resources

5.1. General methodological presentation

5.2. Learning activities

5.3. Program

Theoretical classes (45 contact hours)

PART I - BASES AND FUNDAMENTALS OF DIETETICS

Lesson 1. Introduction to Dietetics and professional profile of Dietitian-Nutritionist.

Lesson 2. Dietetic tools I.

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Lesson 3. Dietary habits, health and disease.
Lesson 4. Nutrition in healthy adult and nutritional goals for the population.
Lesson 5. Healthy eating: dietary guidelines.
Lesson 6. Culinary preparations in healthy eating.
Lesson 7. Food consumption and nutritional profile in Spain
Item 8. Dietetic tools II.

PART II - DIET IN DIFFERENT PHYSIOLOGICAL STAGES OF ADULT HEALTHY.

Lesson 9. Nutrition and food in pregnancy
Lesson 10. Nutrition and feeding in infancy
Lesson 11. Food in menopause and elderly

PART III -DIET AND LIFESTYLE

Lesson 12. Mediterranean Diet
Lesson 13. Vegetarian Diets
Lesson 14. Food and dietary patterns of other cultures

PART IV - BASIS OF FOOD SERVICES

Lesson 15. Introduction to food services.
Lesson 16. Diets manual

2. Practical classes (45 hours)

Practical seminars (44 contact hours): classroom seminars, laboratory and computer sessions.

- Household measures. Food portions and serving sizes.
- Preparation of common recipes.
- Healthy menu planning.
- Healthy diets by the method of weights.
- Food exchange lists for making diets.
- Preparation of healthy diets by the method of Food Exchange System.

- Nutritional assessment of healthy menus with informatic tool.
- Healthy diet and menu planning in gestation using informatic tool.
- Healthy diet and menu planning in overweight using informatic tool.
- Vegetarian diet seminar.

Development of a individual work on healthy diet and menu planning. This work includes:

- Dietary history of the patient.
- General anthropometric data (age, sex, weight, height)
- Total energy expenditure and caloric value of the diet.
- Distribution of exchanges in the day.
- Diet and recommendations.
- Weekly menu
- Nutritional assessment of 3 days menu and compared to CDR.

5.4.Planning and scheduling

5.5.Bibliography and recommended resources