

29346 - Odontology: Nutrition and Diet

Información del Plan Docente

Academic Year	2016/17
Academic center	229 - Facultad de Ciencias de la Salud y del Deporte
Degree	442 - Degree in Odontology
ECTS	3.0
Course	3
Period	Second semester
Subject Type	Optional
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

The learning process designed for this course is based on theory sessions and seminars aimed at the development of an essay.

The distribution of the 3 ECTS of the course is: 2 ECTS dedicated to theory sessions and 1 ECTS dedicated to the seminars.

The contents of these activities are included in section 5.3. Program.

5.2.Learning activities

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 those key concepts to understanding the topic. In the same resources (books, web

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references, most relevant scientific articles, etc.) that will allow further preparation of the subject in greater depth will be recommended.

The **seminar sessions** will take place in two different ways: dedicated to solving problems begin with the problem statement to the whole group subsequently will be resolved in pairs and finally, the results will be shared. Others, dedicated to reading and evaluation of scientific papers, will be made by distributing students into groups of 4 that work on the theme proposed by the guidelines set by the teacher which will resolve questions that may arise throughout the process.

5.3.Program

Lesson 1. Introduction to nutrition and dietetics.

Module 1.- Nutrients and other dietary components.

Lesson 2. Overview of nutrients and other dietary components.

Lesson 3. Carbohydrates and the oral health.

Lesson 4. Vitamins and minerals involved in the oral health.

Module 2.- Healthy eating.

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

Seminar session 1. Food labelling interpretation.

Lesson 6. Food guides. Dietary guidelines in planning healthy menus.

Lesson 7. Dietary habits assessment in the dental setting.

Module 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 about the influence of dietary and nutritional factors in the prevention of oral diseases.

Seminar session 4. Design of dietary advice for children and teenagers, adults, pregnant, elderly, ... to promote the oral health in the dental setting.

5.4.Planning and scheduling

At the beginning of the academic year, the schedule of the different sessions will be published in the corresponding course of ADDUnizar.

5.5.Bibliography and recommended resources

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(BB) Mataix Verdú, Francisco José. Nutrición para educadores / José Mataix Verdú (editor y autor general), Emilia Carazo Marín (coautora) . 2ª ed. Madrid : Diaz de Santos, D.L. 2005

(BB) Mataix Verdú, Francisco José.. Nutrición y alimentación humana. Vol. 1, Nutrientes y alimentos / José Mataix Verdú. Madrid : Oceano/Ergón, cop, 2006.

(BB) Nutrición en salud y enfermedad / editores Maurice E. Shils ... [et al.] . 9a. ed. México D.F., etc. : McGraw-Hill Interamericana, 2002.

(BB) Tablas de composición de alimentos : guía de prácticas / Olga Moreiras, Angeles Carbajal, Luisa Cabrera, Carmen Cuadrado. . 16a. ed. Madrid : Pirámide, D.L. 2013.

(BB) Sociedad Española de Nutrición Comunitaria. Guía de la alimentación saludable. Disponible en: <http://www.nutricioncomunitaria.org/es/otras-publicaciones>

(BC) Tratado de nutrición. Tomo IV, Nutrición clínica / Director Ángel Gil Hernández ; coordinadores Mercè Planas Vilà ... [et al.] . 2ª ed. Madrid [etc.] : Editorial Médica Panamericana, 2010.

(BC) Cuenca Sala, Emilio. Odontología preventiva y comunitaria : principios, métodos y aplicaciones / Emili Cuenca Sala, Pilar Baca García . 3ª ed., reimp. Barcelona : Masson, 2005

(BC) Krause dietoterapia / [editado por] L. Kathleen Mahan, Sylvia Escott-Stump, Janice J. Raymond.. 13a. ed. Amsterdam, Barcelona, etc. : Elsevier, cop. 2013.

(BC) Nutrición y dietética clínica / [editores] Jordi Salas- Salvadó ... [et al.] . 2a. ed., reimp. Barcelona [etc.] : Masson, 2009.