

30819 - Nutrition and dietetics

Información del Plan Docente

Academic Year	2017/18
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

1.1.Introduction

1.2.Recommendations to take this course

1.3.Context and importance of this course in the degree

1.4.Activities and key dates

2.Learning goals

2.1.Learning goals

2.2.Importance of learning goals

3.Aims of the course and competences

3.1.Aims of the course

3.2.Competences

4.Assessment (1st and 2nd call)

4.1.Assessment tasks (description of tasks, marking system and assessment criteria)

5.Methodology, learning tasks, syllabus and resources

5.1.Methodological overview

The methodology followed in this course is oriented towards achievement of the learning objectives. It favors the acquisition of knowledge related to nutrition and diet. A wide range of teaching and learning tasks are implemented, such as lectures, practice sessions, and assignments.

Students are expected to participate actively in the class throughout the semester. Classroom materials will be available via ADD Moodle. These include a repository of the lecture notes used in class, the course syllabus, as well as other

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course-specific learning materials.

Further information regarding the course will be provided on the first day of class.

The learning process that is designed for this course is based on the following:

The course includes 6 ECTS organized according to: 4.5 ECTS (45 hours) participatory lectures and 1.5 ECTS (15 hours) of practice sessions; practices hours are divided into 3 hours of problems and case studies distributed in 2 seminars of 1.5 hours each plus 12 hours of laboratory work organized in 3 sessions of 4 hours each. The preparation of assignments and reports will require 14 hours of autonomous work of the students, using mentoring when needed.

5.2.Learning tasks

Regarding participatory lectures, it is intended to facilitate the documentation of each topic in advance for the student to review it before the corresponding class. In some cases sources of information, tables and graphs will be in English, so students have a glossary of technical terms related to the subject and its corresponding equivalence to Spanish. During the classes the different learning activities will cover all lessons of the program. The seminars will be organized in sessions of 1.5 hours and students will work on the study of nutrition and health claims made on food (1 session in English) and on a preparatory exercise for a diet design (1 session). The laboratory practices will be conducted in 4 hour sessions. A session will be related to nutritional analysis and study of nutrition information in a food label. The remaining sessions will be dedicated to a dietary survey tutored by teachers, the use of nutrition and dietetics software, as well as a study on information competencies. A written report of the practical sessions, consisting of the analysis and interpretation of the results, will be asked to each student.

All teaching materials for the course (class notes, protocols of practices, dietary survey, support material, recommended bibliography, web addresses) will be available in advance on the Teaching Digital Ring (ADD-Moodle) of the University of Zaragoza and reprographic service of the Veterinary Faculty of Zaragoza.

5.3.Syllabus

The course will address the following topics ...

1:

Theory sessions:

1 Introduction to the course and basic concepts.

Presentation of the subject, learning outcomes, program activities, teaching materials, evaluation systems and criteria, and other aspects of interest. Basic concepts of human nutrition

0.3 ECTS

2 Nutrients and energy.

Energy and energy balance. Carbohydrates. Fibre. Lipids. Proteins. Vitamins. Minerals. Water. Nutrient requirements and

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recommendations. Basis of energy and nutritional balance.

1.6 ECTS

3 Nutritional value, nutrition labeling, nutrition and health claims for food.

0.6 ECTS

4 Diet: Basic concepts; food guides and dietary goals; tables and databases of food composition and rations; basis for diet design; types of diets.

0.4 ECTS

5 Diets according physiological stages: pregnant, infants, children, adolescents, adults, elderly.

0.9 ECTS

6 Diets for people with specific needs: vegetarian diets, alternative diets, diets for sport. Diet and health.

0.7 ECTS

2:

Practical teaching:

Seminars:

1 Problems and case studies of food labeling, nutrition and health claims in food. This session will be given in English.

0.15 ECTS

2 Practical exercise of diet design.

0.15 ECTS

3 Practice of nutritional analysis and interpretation of nutrition information of a food label.

0.4 ECTS

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4 Critical analysis of an academic work. Conduct a dietary survey.

0.4 ECTS

5 Evaluation and preparation of diets using a computer program.

0.4 ECTS

Note: Practice groups are set by the Center. Changes of practice group will only be accepted by permutation between students and with prior notice by email, provided that the reason for the change is justified.

5.4.Course planning and calendar

Schedule of sessions and presentation of works

The dates and key milestones of the course are described in detail, along with the other courses in the second year of Food Science & Technology Degree, on the website of the Veterinary Faculty (link: <https://veterinaria.unizar.es/academico/plan-estudios-grado-cta/>). This link will be updated at the beginning of each academic year.

Theoretical classes begin in February and will continue through May of each academic year. They will be held in a Room of Central Building assigned by the Center.

Practical classes: groups and schedule will be coordinated by the Center. They will be taught in laboratories of the Unit of Nutrition and Food Science (Zootecnia Building), and in computer classrooms and other Rooms assigned by the Center.

Written final exam of multiple choice: will last 2.5 hours.

Mentoring will be conducted at any time agreed with the teachers of the course.

5.5.Bibliography and recommended resources

[BB: Bibliografía básica / BC: Bibliografía complementaria]

- [BB] Alimentación y nutrición : manual teórico-práctico / Clotilde Vázquez, A. I. de Cos, C. López-Nomdedeu (editoras) . 2ª ed. Madrid : Díaz de Santos, D.L. 2005
- [BB] ANS : alimentación, nutrición y salud. Barcelona : Instituto Danone, 1994- [Publicación periódica]
- [BB] Cervera Ral, Pilar. Alimentación y dietoterapia : (nutrición aplicada en la salud y la enfermedad) / Pilar Cervera, Jaume Clapes, Rita Rigolfas . 4ª ed. Madrid [etc.] : McGraw-Hil-Interamericana, D.L. 2005
- [BB] Dietética y nutrición : manual de la Clínica Mayo / Jennifer K. Nelson ... [et al.] ; [traducción y producción editorial Diorki ; revisión Elena de Terán Bleiberg] . 7ª ed. Madrid [etc.] : Mosby-Doyma Libros, D.L. 1995
- [BB] Krause dietoterapia / [editado por] L. Kathleen Mahan, Sylvia Escott-Stump, Janice J. Raymond.. 13a. ed. Amsterdam, Barcelona, etc. : Elsevier, cop. 2013.
- [BB] Mataix Verdú, Francisco José.. Tratado de nutrición y alimentación humana. vol.1, Nutrientes y alimentos / [autor general y editor] José Mataix Verdú.. Nueva edición ampliada. Madrid : Oceáno/Ergón, cop. 2009.
- [BB] Mataix Verdú, Francisco José.. Tratado de nutrición y alimentación humana. vol.2, Situaciones fisiológicas y patológicas / [autor general y editor] José Mataix Verdú. . Nueva edición ampliada. Madrid : Oceáno/Ergón, cop. 2009.

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- [BB] Nutrición y salud pública : métodos, bases científicas y aplicaciones / Editores, Lluís Serra Majem, Javier Aranceta Bartrina ; editor asociado, José Mataix Verdú ; Secretarias de redacción, Lourdes Ribas Barba, Carmen Pérez Rodrigo ; con 126 colaboradores ; prólogo de Ricardo Uauy . 2ª ed. Barcelona [etc.] : Masson, 2006
- [BB] Tratado de nutrición. Tomo I, Bases fisiológicas y bioquímicas de la nutrición / Director Ángel Gil Hernández ; coordinador Fermín Sánchez de Medina Contreras. 2ª ed. Madrid [etc.] : Editorial Médica Panamericana, 2010
- [BB] Tratado de nutrición. Tomo II, Composición y calidad nutritiva de los alimentos / Director Ángel Gil Hernández ; coordinador María Dolores Ruiz López . 2ª ed. Madrid [etc.] : Editorial Médica Panamericana, 2010
- [BB] Tratado de nutrición. Tomo III, Nutrición humana en el estado de salud / Director Ángel Gil Hernández ; coordinadores José Maldonado Lozano, Emilio Martínez de Victoria Muñoz . 2ª ed. Madrid [etc.] : Editorial Médica Panamericana, 2010
- [BB] 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

Listado de URL

- BEDCA. Base de Datos Española de Composición de Alimentos [<http://www.bedca.net/>]
- EFSA. European Food Safety Authority [<http://www.efsa.europa.eu/en/topics/topic/nutrition-and-health-claims>]
- FESNAD. Federación Española de Sociedades de Nutrición, Alimentación y Dietética [<http://www.fesnad.org/>]
- Fundación Alimentación Saludable [<http://www.alimentacionsaludable.es>]
- Nutrición clínica y Dietética Hospitalaria [<http://revista.nutricion.org>]
- SEDCA. Sociedad Española de Dietética y Ciencias de la Alimentación [<http://www.nutricion.org>]
- SENC. Sociedad Española de Nutrición Comunitaria - [<http://www.nutricioncomunitaria.org/es/>]