

Year : 2018/19

## **60856 - Dietary intake evaluation**

### **Syllabus Information**

<b>Academic Year:</b>	2018/19
<b>Subject:</b>	60856 - Dietary intake evaluation
<b>Faculty / School:</b>	229 -
<b>Degree:</b>	549 - Master's in Evaluation and Physical Training for Health
<b>ECTS:</b>	3.0
<b>Year:</b>	1
<b>Semester:</b>	Second semester
<b>Subject Type:</b>	Optional
<b>Module:</b>	---

### **General information**

### **Aims of the course**

### **Context and importance of this course in the degree**

### **Recommendations to take this course**

### **Learning goals**

### **Competences**

### **Learning goals**

### **Importance of learning goals**

### **Assessment (1st and 2nd call)**

### **Assessment tasks (description of tasks, marking system and assessment criteria)**

### **Methodology, learning tasks, syllabus and resources**

### **Methodological overview**

The learning process of this course includes, on the one hand, lectures in which the basic knowledge about the different types of dietary questionnaires is provided and, on the other, seminars and workshops that allow this knowledge to be put into practice in the management of dietary questionnaires, the interpretation of results and assessment of the adequacy of intake.

## **Learning tasks**

The course will be taught in sessions of 4 hours, where the theoretical and practical contents indicated in section 5.3. Syllabus will be worked together. It includes the following learning tasks:

- Lectures (1.5 ECTS: 15 hours). Presentation of the basic theoretical concepts.
- Laboratory workshop, practical seminars in the classroom and computer sessions (1.5 ECTS: 15 hours). These activities and exercises allow students to start the study of dietary intake and apply the knowledge of theoretical classes.

## **Syllabus**

The course will address the following topics:

### **Lectures**

1. Quantitative and qualitative dietary assessment questionnaires: Methodology. Advantages and limitations. Questionnaires of adherence to mediterranean diet.
2. Selection criteria of the dietary questionnaire according to the study objective.
3. Dietary assessment questionnaire design.
4. Validation of dietary assessment questionnaires.

### **Practice sessions**

- Seminar session 1: Food composition databases.
- Seminar session 2: Interpretation of nutritional food labelling.
- Practice session 1: Edible portions, common serving portions and household measures.
- Practice session 2: Qualitative dietary assessment questionnaires and semi-quantitative food frequency questionnaires.
- Practice session 3: Quantitative dietary assessment questionnaires: 24-hour recall and weighed/estimated dietary record.
- Practice session 4: Calibration of dietary intake using computer-based nutritional assessment programs. Use of online applications to dietary intake study.
- Practice session 5: Solving of case related to the adequacy of dietary intake in different groups.

## **Course planning and calendar**

The planning and dates of the different learning activities will be presented at the beginning of the second semester of the academic year.

## **Bibliography and recommended resources**