

29222 - Childhood Nutrition and Food

Syllabus Information

Academic Year: 2019/20

Subject: 29222 - Childhood Nutrition and Food

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

Degree: 441 - Degree in Human Nutrition and Dietetics

ECTS: 6.0

Year: 3

Semester: Second semester

Subject Type: Compulsory

Module: ---

1.General information

1.1.Aims of the course

1.2.Context and importance of this course in the degree

1.3.Recommendations to take this course

2.Learning goals

2.1.Competences

2.2.Learning goals

2.3.Importance of learning goals

3.Assessment (1st and 2nd call)

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

4.Methodology, learning tasks, syllabus and resources

4.1.Methodological overview

The methodology followed in this course is oriented towards the achievement of the learning objectives. A wide range of teaching and learning tasks are implemented, such as lectures, practice sessions, internships, fieldwork, and exams.

4.2.Learning tasks

This course is organized as follows:

- **Lectures** (30 hours). The teacher exposes theory contents. Attendance will be positively evaluated.
- **Practice sessions** (18 hours). Two/three-hour problem-solving sessions.
- **Internship** (8 hours) in the pediatrics consultation of a Primary Care Center. During the clinical internship at the primary health care center, the competencies acquired in the classroom may be supplemented, especially in relation to its application in health and in the development of other transversal activities (communication with the patient, clinical skills, prevention, etc).
- **Fieldwork** in an intervention project with obese children. Held in small groups, the student is expected to acquire skills and competences in the management of small equipment and instruments, dietary surveys and other material used in the assessment of nutritional status in children and adolescents. The student can also demonstrate his ability to work in teams and respect for other professionals.
- **Exams** (2 hours).

4.3.Syllabus

This course will address the following topics:

Theory sessions

- Age and maturity of the child.
- Nutritional status assessment of infant and child.
- Nutritional requirements in pediatrics.
- Dietary recommendations in pediatrics.
- Breastfeeding and formula feeding.
- Physical activity of children and adolescents.
- Pathophysiology and nutritional disorders in children.
- Artificial nutrition in pediatrics.
- Nutrition in the immigrant adopted or refugee children.
- Maternal nutrition and prenatal disorders.

Practice sessions

- Visit the consultation of Pediatrics at a primary health care center.
- Basic anthropometric assessment in infants.
- Breastfeeding seminar.
- Diet and menu planning for infants, young children, and school age.
- Development of education guidelines for healthy eating in children.
- Diet and menu planning for food allergies and intolerance.
- Diet and menu planning for acute gastroenteritis.

4.4.Course planning and calendar

Further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this course will be provided on the first day of class or please refer to the Faculty of Health and Sport Sciences website (<https://fccsyd.unizar.es/academico/horarios-y-calendarios>) and Moodle.

4.5.Bibliography and recommended resources

http://biblos.unizar.es/br/br_citas.php?codigo=29222&year=2019