

MÓDULO	MATERIA	CURSO	SEMESTRE	CRÉDITOS	TIPO
Nutrition and Health	Human Nutrition	3º	2º	6	Obligatory
<b>PROFESOR(ES)</b>			<b>DIRECCIÓN COMPLETA DE CONTACTO PARA TUTORÍAS (Dirección postal, teléfono, correo electrónico, etc.)</b>		
- Rosa Maria Garcia Estepa			Dpto. Nutrición y Bromatología, 3ª planta, Facultad de Farmacia. Correo electrónico: <a href="mailto:rgestepa@ugr.es">rgestepa@ugr.es</a> Teléfono: 958 243866		
			<b>HORARIO DE TUTORÍAS</b>		
			<a href="http://www.ugr.es/~nutricion/pdf/tutorias1415.pdf">http://www.ugr.es/~nutricion/pdf/tutorias1415.pdf</a>		
<b>GRADO EN EL QUE SE IMPARTE</b>			<b>OTROS GRADOS A LOS QUE SE PODRÍA OFERTAR</b>		
Science and Food Technology			Human Nutrition and Dietetics		
<b>PRERREQUISITOS Y/O RECOMENDACIONES (si procede)</b>					
Themselves access to the Degree in Science and Food Technology. In particular this subject required have previously taken the basic training module and subjects Food Science, Food Science Extension and Nutrition					
<b>BREVE DESCRIPCIÓN DE CONTENIDOS (SEGÚN MEMORIA DE VERIFICACIÓN DEL GRADO)</b>					
Diets at different stages of life: pregnancy, breast-feeding, young children, school, adolescence, adult and elderly					
<b>COMPETENCIAS GENERALES Y ESPECÍFICAS</b>					
General Competences <ul style="list-style-type: none"> <li>• Basic, University and Transverse Competences contained in the Report of Verification of Degree in Science and Food Technology</li> </ul> Specific Competences					



- CE.2, CE.12, CE.13, CE.15

#### **OBJETIVOS (EXPRESADOS COMO RESULTADOS ESPERABLES DE LA ENSEÑANZA)**

- Design and evaluate diets and menus according to the physiological situation, recommended intakes and dietary guidelines

#### **TEMARIO DETALLADO DE LA ASIGNATURA**

##### **THEORY:**

- **T 1.-** Feeding during pregnancy. Formula diets. Distribution of the diet. Culinary aspects. Guidelines for the preparation of menus. Food recommended and inappropriate. Weight control.
- **T 2.-** Feeding from the mother during breast-feeding. Formula diets. Distribution of the diet. Culinary aspects. Guidelines for the preparation of menus. Food recommended and inappropriate.
- **T 3.-** Infant feeding. Breast-feeding: Advantages and disadvantages. Artificial feeding: Infant formula and follow-on formula.
- **T 4.-** Complementary infant feeding. Baby Food.
- **T 5.-** Feeding of young children. Formula diets. Distribution of the diet. Eating habits. Importance of breakfast.
- **T 6.-** The school feeding. Formula diets. Distribution of the diet. Dietary habits and recommendations. School canteen. Importance of breakfast. Fast food. Snacks. Attitude to food.
- **T 7.-** Feeding teenagers. Distribution of the diet. Dietary habits and recommendations. Importance of breakfast. Fast food. Snacks. Attitude to food.
- **T 8.-** Feeding the elderly. Formula diets. Distribution of the diet. Culinary aspects. Foods recommended by nutritional interest. Modified and adapted feed. Feeding institutionalized elderly.
- **T 9.-** Food Allergies. Concept of food allergy. Allergy to foods of animal, vegetable and additives. Dietary treatment of allergies.
- **T 10.-** Mediterranean diet
- **T 11.-** Vegetarian diets
- **T 12.-** Low calorie and high-calorie diets.
- **T 13.-** Developed Diets for weight loss: low calorie unbalanced, dissociated and exclusive

##### **WORKSHOP**

- Food labeling
- Design and evaluation of diets at different stages of life: pregnancy, breast-feeding, young children, school, adolescence, and elderly
- Design and evaluation of diets based on the "Mediterranean diet"
- Design and evaluation of diets for weight loss

##### **PRACTICES:**



### Diet planning based on the Exchange Lists

- **1:** Concept of food exchange lists. Classification of foods
- **2:** Development and management of exchange lists
- **3:** Planning diets: balanced diet
- **4:** Planning diets: low calorie diets, high protein diets
- **5:** Development of menus

### BIBLIOGRAFÍA

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- Cervera, P. Clapés, J., Rigolfas, R. (2004). Alimentación y dietoterapia (Nutrición aplicada en la salud y la enfermedad) 4ª Ed. McGraw-Hill Interamericana de España S.L. Madrid.
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- Gil, A. (2010). Tratado de nutrición (Tomos II y III). Ed. Panamericana, Madrid.
- González Gallego, J., Sánchez Collado, P., Mataix Verdú, J. (2011). Nutrición en el deporte: ayudas ergogénicas y dopaje. Ed. Díaz de Santos: Fundación Universitaria Iberoamericana, Madrid
- Mahan, L.K., Escott-Stump, S. (2009). Nutrición y dietoterapia de Krause. 12ª ed. Ed. Elsevier Masson, Barcelona.
- Martínez Fernández, J., Miguel Valor, N., Perote Alejandro, A. (Coordinadores) (2011). Alergias alimentarias ¿Y ahora qué? 2ª ed. Ed. International Marketing & Communication S.A. Madrid.
- Martínez Hernández, A., Portillo Baquedano, Mª del P. (2011). Fundamentos teórico-prácticos de nutrición y dietética. Ed. Panamericana, Madrid
- Melvin, H.W. (2005). Nutrición para la salud, la condición física y el deporte. McGraw-Hill, México
- Muñoz, M., Aranceta, J., García-Jalón, I. (2004). Nutrición aplicada y dietoterapia. 2ª ed. Ed. EUNSA, Pamplona.
- Rivero, M., Riba, M., Vila, LL. (2003). Nuevo manual de dietética y nutrición. Ed. A. Madrid-Vicente, Madrid.
- Salas-Salvadó, J., Bonada, A., Tralleró, R., Saló, M.E., Burgos, R. (2008). Nutrición y dietética clínica. 2ª ed. Ed. Masson, Barcelona.
- SENC (2001). Guías alimentarias para la población española. IM & C, S.A. Madrid.
- Vázquez, C., De Cós, A.I., López Nomdedeu, C. (2005). Alimentación y nutrición. Manual teórico-práctico, 2ª ed. Ed. Díaz de Santos, Madrid.
- Zuveldia, J.M., Baeza, M.L., Jáuregui, I., Sennet, C. (Coordinadores). (2012). Libro de las enfermedades alérgicas de la Fundación BBVA. Ed. Nerea S.A. San Sebastián.

### ENLACES RECOMENDADOS

### Organismos



- [Agencia Española de Seguridad Alimentaria y Nutrición - AESAN](#)
- [Federación Española de Sociedades de Nutrición, Alimentación y Dietética - FESNAD](#)
- [Fundación Española de la Nutrición - FEN](#)
- [Ministerio de Agricultura, Alimentación y Medio Ambiente](#)
- [Sociedad Española de Dietética y Ciencias de la Alimentación - SEDCA](#)
- [Sociedad Española de Nutrición - SEN](#)
- [Sociedad Española de Nutrición Básica y Aplicada - SENBA](#)
- [Sociedad Española de Nutrición Comunitaria - SENC](#)
- [Sociedad Española para el Estudio de la Obesidad - SEEDO](#)

### **Legislación Alimentaria**

- [Boletín Oficial de la Junta de Andalucía](#)
- [Boletín Oficial del Estado](#)
- [Diario Oficial de la Unión Europea](#)

### **METODOLOGÍA DOCENTE**

- Participatory Lecture
- Workshops
- Learning based on problem solving and case studies

### **EVALUACIÓN (INSTRUMENTOS DE EVALUACIÓN, CRITERIOS DE EVALUACIÓN Y PORCENTAJE SOBRE LA CALIFICACIÓN FINAL, ETC.)**

- **ASSESSMENT OF THE THEORY**
  - The evaluation of the theoretical part of the course will be done through written tests on the content of theoretical and workshops.
  - There will be a midterm exam and a final exam as established in the official calendar of the degree examinations.
  - The scores of these tests will account for 70% of the final grade for the course.
  - Overcoming any of the tests will not be achieved without an even and balanced understanding of all the material evaluated in this test.
- **ASSESSMENT OF WORKSHOPS**
  - Performing workshops by students is mandatory.
  - The rating will be a 10% of the final grade.
- **ASSESSMENT PRACTICES**
  - The completion of the internship is mandatory and it is essential to attend all sessions and overcoming them through a written test.
  - Students who do not pass the test of practice, may recover a special examination upon completion of the course practices.
  - The rating of practices account for a 20% of the final grade for the course.

### **ONE FINAL EVALUATION**



- Students who, for justified reasons, not been placed under continuous evaluation method take a final exam that will consist of a theoretical part and a practical part. The theoretical part will represent 75% practice and 25% of the final grade.
- Overcoming the course will be approved each of the parties.

**INFORMACIÓN ADICIONAL:**

- Regulations of assessment and grading of students at the University of Granada
- Overcoming the course will be approved each of the parties and conducted workshops.

