

| MÓDULO | MATERIA | CURSO | SEMESTRE | CRÉDITOS | TIPO |
|---|-----------------|-------|--|----------|------------|
| Nutrition and Health | Human Nutrition | 3º | 2º | 6 | Obligatory |
| LECTURER | | | Postal address, telephone nº, e-mail address | | |
| <ul style="list-style-type: none"> Jesús Lozano Sánchez | | | Dpto. Nutrición y Bromatología, 3ª planta, Facultad de Farmacia. Campus de Cartuja Correo electrónico: jesusls@ugr.es | | |
| | | | TUTORIALS | | |
| | | | http://www.ugr.es/~nutricion/pdf/tutorias_19_20.pdf | | |
| DEGREE WITHIN WHICH THE SUBJECT IS TAUGHT | | | OTHER DEGREES | | |
| Science and Food Technology | | | Human Nutrition and Dietetics | | |
| PREREQUISITES and/or RECOMMENDATIONS (if necessary) | | | | | |
| <ul style="list-style-type: none"> 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 | | | | | |
| BRIEF ACCOUNT OF THE SUBJECT PROGRAMME (ACCORDING TO THE DEGREE) | | | | | |
| Diets at different stages of life: pregnancy, breast-feeding, young children, school, adolescence, adult and elderly | | | | | |
| GENERAL AND PARTICULAR ABILITIES | | | | | |
| General Competences | | | | | |
| CG.01 - Ability to express oneself correctly in the Spanish language in its disciplinary field | | | | | |
| CG.02 - Problem resolution | | | | | |



- CG.03 - Team work
- CG.04 - Ability to apply theoretical knowledge to practice
- CG.05 - Decision making
- CG.06 - Ethical commitment capacity
- CG.07 - Analysis and synthesis capacity
- CG.08 - Critical thinking
- CG.09 - Motivation for quality
- CG.10 - Organization and planning capacity
- CG.11 - Ability to manage information
- CG.12 - Ability to adapt to new situations
- CG.13 - Ability to raise awareness of environmental issues
- CG.14 - Design and project management

Transversal Competences

CT.2 - Ability to use ICTs with ease

Specific Competences

CE.2 - Know the models of food production, its composition and physical, chemical-physical and chemical properties to determine its nutritional value and functionality

CE.12 - Know and establish nutritional guidelines and design food to promote healthy eating

CE.13 - Understand and know how to apply actions to promote food education, health systems and food policies

CE.15 - Inform, train and advise the public administration, the food industry and consumers, legally, scientifically and technically, to design intervention and training strategies in the field of food science and technology

OBJECTIVES (EXPRESSED IN TERMS OF EXPECTED RESULTS OF THE TEACHING PROGRAMME)

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

DETAILED SUBJECT SYLLABUS

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.
- **T 4.-** Artificial feeding: Infant formula and follow-on formula.
- **T 5.-** Complementary infant feeding. Baby Food.
- **T 6.-** Feeding of toddlers. Formula diets. Distribution of the diet. Eating habits. Importance of breakfast.
- **T 7.-** The school feeding. Formula diets. Distribution of the diet. Dietary habits and recommendations. School canteen. Importance of breakfast. Fast food. Snacks. Attitude to



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food.

- **T 8.-** Feeding teenagers. Distribution of the diet. Dietary habits and recommendations. Importance of breakfast. Fast food. Snacks. Attitude to food.
- **T 9.-** Feeding the elderly. Formula diets. Distribution of the diet. Culinary aspects. Foods recommended by nutritional interest. Modified and adapted feed. Feeding institutionalized elderly.
- **T 10.-** Food in the prevention of chronic degenerative diseases.
- **T 11.-** Food Allergies and intolerances. Concept of food allergy. Allergy to foods of animal, vegetable and additives. Dietary treatment of allergies. Food Intolerances.
- **T 12.-** Mediterranean diet
- **T 13.-** Vegetarian diets
- **T 14.-** Low calorie and high-calorie diets. Developed diets for weight loss: low calorie unbalanced, dissociated and excluding

WORKSHOP

- Food technology applied to dietetics: study of fortified foods (enriched / supplemented food), nutraceuticals and dietary supplements.
- Design and evaluation of diets

PRACTICES

- Food Exchange Lists
- Design of diets
- Evaluation of diets
- Food labeling

BIBLIOGRAPHY

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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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- 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
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- 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
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- Muñoz, M., Aranceta, J., García-Jalón, I. (2004). Nutrición aplicada y dietoterapia. 2ª ed. Ed. EUNSA, Pamplona.



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- Salas-Salvadó, J., Bonada, A., Tralleró, R., Saló, M.E., Burgos, R. (2008). Nutrición y dietética clínica. 2ª ed. Ed. Masson, Barcelona.
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- Zuvelandia, 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.
- L.Kathleen Mahan and Janice L. Raymond. (2017) Krause, Dietoterapia 14 Edición.

RECOMMENDED INTERNET LINKS

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 y Pesca, 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](#)

TEACHING METHODOLOGY

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

EVALUATION (INSTRUMENTS, CRITERIA AND PERCENTAGE ON THE FINAL QUALIFICATION, 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 eliminatory 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.
 - The approved control will not be saved for the next call
 - Overcoming any of the tests will not be achieved without an even and balanced understanding of all the material evaluated in this test.
- **ASSESSMENT PRACTICES**



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| |
|--|
| <ul style="list-style-type: none"> • The completion of practices is mandatory, being essential to attend all sessions of the same and their improvement 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. <ul style="list-style-type: none"> • ASSESSMENT OF WORKSHOPS <ul style="list-style-type: none"> • Performing workshops by students is mandatory. • The rating will be a 10% of the final grade. <ul style="list-style-type: none"> • Overcoming the course will mean having approved each of the parts and carried out the workshops. |
| DESCRIPTION OF THE EVIDENCE THAT WILL BE PART OF THE FINAL UNIQUE EVALUATION ESTABLISHED IN THE "REGULATIONS OF EVALUATION AND GRADING OF THE STUDENTS OF THE UNIVERSITY OF GRANADA" |
| ONE FINAL EVALUATION <ul style="list-style-type: none"> • 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. |
| ADDITIONAL INFORMATION |
| <ul style="list-style-type: none"> • Regulations of assessment and grading of students at the University of Granada |

