

MODULE	SUBJECT MATTER	YEAR	SEMESTER	CREDITS	TYPE
Nutrition and Health Sciences	Dietetics	Third	Second	Six	Obligatory
TEACHING STAFF ⁽¹⁾			ADDRESS, TELEPHONE NUMBER, EMAIL, ETC. DIRECCIÓN COMPLETA DE CONTACTO PARA TUTORÍAS (Dirección postal, teléfono, correo electrónico, etc.)		
<ul style="list-style-type: none"> Silvia Pastoriza de la Cueva José Ángel Rufián Henares 			Dpto. Nutrición y Bromatología, 3ª planta. Facultad de Farmacia. 18071 Correo electrónico: spdelacueva@ugr.es ; jarufian@ugr.es		
			TIMETABLE FOR TUTORIALS OR LINK TO WEBSITE http://www.ugr.es/~nutricion/pdf/tutorias2021.pdf		
BELONGS TO UNDERGRADUATE DEGREE PROGRAMME			AND ALSO TO OTHER UNDERGRADUATE DEGREE PROGRAMMES		
Degree in Human Nutrition and Dietetics					
PREREQUISITES OR RECOMMENDATIONS (where applicable)					
Having studied the subjects: General chemistry I; General chemistry II; Biochemistry I; Biochemistry II; Cell and human physiology I; Cell and human physiology II; Food science fundamental; Extension of food science; Nutrition I and II; Principles of dietetics.					
BRIEF DESCRIPTION OF CONTENT (ACCORDING TO OFFICIAL VALIDATION REPORT)					
Diets at different stages of life: pregnancy, breast-feeding, preschool age, school age, adolescence, adult and elderly. Mediterranean diet. Vegetarian diets. Diets for weight control.					
GENERAL AND SPECIFIC COMPETENCES					

¹ Consult any updates in Acceso Identificado > Aplicaciones > Ordenación Docente

(∞) This course guide should be filled in according to UGR regulations on assessment of student learning: (<http://secretariageneral.ugr.es/pages/normativa/fichasugr/ngc7121/>)



General abilities

- Those students can apply their knowledge to their work or vocation professionally.
- Ability to gather and interpret relevant data to make judgments.
- Potential to communicate information, ideas, problems and solutions to a specialized and unskilled audience.
- Troubleshooting
- Ability to apply theoretical knowledge to practice
- Motivation for quality
- Ability to organize and to plan
- Ability to manage information

Particular abilities

- Assess the relationship between food and nutrition in healthy subjects
- Participate in the design of studies of total diet
- Manage the basic tools in ICTs used in the field of food, nutrition and dietetics
- Knowledge of the legal and ethical limits of dietary practice
- Be able to explain the scientific principles underpinning the intervention of the dietitian-nutritionist, subordinating his performance to the scientific evidence

OBJECTIVES (EXPRESSED AS EXPECTED LEARNING OUTCOMES)

- To design and evaluate diets and menus according to the physiological situation, recommended intakes and dietary guidelines.

DETAILED SYLLABUS

1. Feeding during pregnancy. Distribution of the diet. Culinary aspects. Guidelines for the preparation of menus. Food advised and inappropriate. Weight control.
2. Feeding from the mother during breastfeeding. Distribution of the diet. Culinary aspects. Guidelines for the preparation of menus. Food advised and inappropriate.
3. The infant feeding. Breastfeeding: advantages and disadvantages. Artificial feeding.
4. The supplementary feeding of the infant. Baby food.
5. Feeding in the preschool child. Distribution of the diet. Eating habits. Importance of breakfast.
6. Feeding in the school child. Distribution of the diet. Dietary habits and recommendations. School canteen. Importance of breakfast. Fast food. Snacks. Attitude to food.
7. Feeding the teens. Distribution of the diet. Dietary habits and recommendations. School canteen. Importance of breakfast. Fast food. Snacks. Attitude to food.
8. Feeding the older people. Distribution of the diet. Culinary aspects. Diet of institutionalized elderly people.
9. Food allergies. Concept of food allergy. Animal, plant and additives allergy food. Dietary treatments of allergies.
10. Mediterranean diet.
11. Vegetarian diets.
12. Low calories and high calories diets.
13. Diet for weight loss.

BIBLIOGRAPHY



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- Salud, deporte y cineantropometría / José Enrique Sirvent Belando, José Ramón Alvero Cruz (Eds.). Universidad de Alicante. 2014.
- La guía completa de la nutrición del deportista / Anita Bean. Paidotribo, 2014.

RECOMMENDED LINKS

- <http://www.nutricioncomunitaria.org/>
- <http://www.senba.es/>
- <http://www.sennutricion.org/>
- <http://www.seedo.es/>
- <http://www.aesan.es>
- <http://fen.org.es>

TEACHING METHODOLOGY

- Master class
- Group work and expositions
- Tutorials
- Participation in teaching platforms

ASSESSMENT (ASSESSMENT INSTRUMENTS, CRITERIA AND PERCENTAGE VALUE OF FINAL OVERALL MARK, ETC.)

Continuous assessment

- Assessment of theoretical knowledge: There will be an elimination check (35%) and a final exam (35%). The subject of the control will be eliminated as long as the obtained grade is equal to or greater than 7 points / 10 possible. The theoretical exams may contain short questions, development questions and / or test questions, about the content of the theoretical syllabus and what is covered in seminars.
- Evaluation of case studies: It is mandatory to complete all the diets requested and they represent 15% of the final grade. Four diets will be developed with different computer programs (i-Diet and EasyDiet). Diet evaluation criteria: presence of individualized logo and dietitian data, general comments to the patient about the diet, introduction of 5 new foods and 5 new recipes (not included in the computer programs), reasoned evaluation of the degree of reach of the nutritional goals and dietary reference intakes.
- Assessment of practical knowledge: It is compulsory to carry out the practices to pass the subject, being essential to attend them (1.5 classroom credits) and to take a test that supports your knowledge. The practices represent 15% of the final grade obtained.



Passing the course will mean having each part passed (5 points / 10 possible) and fully autonomous work done (all diets performed).

DESCRIPTION OF THE EXERCISES WHICH WILL CONSTITUTE SINGLE FINAL ASSESSMENT AS ESTABLISHED IN UGR REGULATIONS

In accordance with the regulations of "Evaluation and qualification of students" of the University of Granada, a final single evaluation will also be carried out, whose request will be addressed to the Director of the department within 2 weeks from the date of the student's enrollment. in the course, claiming and accrediting the reasons that assist him for not being able to follow the continuous evaluation system.

It will consist of a theoretical part (60% of the final grade) and a practical part (40% of the final grade). To pass the course, the student must have passed both parts.

The theoretical exam will include development questions, short and test type of the syllabus included in the teaching guide of the subject.

The practical exam will consist of two parts: the elaboration of diets with two computer programs (i-Diet and EasyDiet) and the elaboration of diets by the exchange system.

Passing the course will mean having each part approved.

SCENARIO A (ON-CAMPUS AND REMOTE TEACHING AND LEARNING COMBINED)

TUTORIALS

TIMETABLE
(According to Official Academic Organization Plan)

TOOLS FOR TUTORIALS
(Indicate which digital tools will be used for tutorials)

<http://www.ugr.es/~nutricion/pdf/tutorias2021.pdf>

It will be essential to make an appointment in order to be able to tutor in person.

The telematic means will be used for tutorials only in the event that all the students enrolled in the subject cannot attend the class simultaneously and there is an alternation of groups in the classroom. During the virtual assistance weeks, preferably the email will be used to consult the student's doubts regarding the subject taught. In specific cases, Google Meet may be used.

MEASURES TAKEN TO ADAPT TEACHING METHODOLOGY

- For face-to-face learning, the Google Meet platform will be used to synchronously retransmit the master classes.

MEASURES TAKEN TO ADAPT ASSESSMENT (Instruments, criteria and percentage of final overall mark)

Ordinary assessment session

- In the event that due to the number of students enrolled and the size of the classroom where the classes are held, or because the safety distance between the students must be increased, the group must be divided into two and the class system must be used face-to-face and virtual, in order to carry out the continuous assessment it will be essential that the student attend 80% of the classes (both face-to-face and virtual). The rest of the evaluation criteria will be similar to those set out in the general evaluation section.

Extraordinary assessment session



- The evaluation criteria will be similar to those set forth in the general evaluation section.

Single final assessment

- The evaluation criteria will be similar to those set forth in the general evaluation section.

SCENARIO B (ONCAMPUS ACTIVITY SUSPENDED)

TUTORIALS

TIMETABLE

(According to Official Academic Organization Plan)

<http://www.ugr.es/~nutricion/pdf/tutorias2021.pdf>

TOOLS FOR TUTORIALS

(Indicate which digital tools will be used for tutorials)

Preferably the email will be used to consult the student's doubts regarding the subject taught. In specific cases, Google Meet may be used.

MEASURES TAKEN TO ADAPT TEACHING METHODOLOGY

- For face-to-face learning, the Google Meet platform will be used to synchronously retransmit master classes and practical lessons.

MEASURES TAKEN TO ADAPT ASSESSMENT (Instruments, criteria and percentage of final overall mark)

Ordinary assessment session

- The evaluation criteria will be similar to those set forth in the general evaluation section, except in the following sections:
- To be able to carry out the continuous evaluation it will be essential that the student attend 80% of the virtual classes.
- Development of 8 diets with different informatic programs (i-Diet and EasyDiet).
- The percentages of the final grade will be modified as shown in the following table:

ASSESSMENT SYSTEM	% FINAL MARK
Partial exam	25
Final Exam	25
Exposition of diets	35
Exposition of practical work	15

Extraordinary assessment session

- The evaluation criteria will be similar to those set forth in the general evaluation section.

Single final assessment



- The evaluation criteria will be similar to those set forth in the general evaluation section.

ADDITIONAL INFORMATION (if necessary)

Regulations for the evaluation and qualification of the students of the University of Granada.

