

MODULE	SUBJECT MATTER	YEAR	SEMESTER	CREDITS	TYPE
Nutrition and Health	Human Nutrition	3º	2º	6	Obligatory course
TEACHING STAFF <sup>(1)</sup>			ADDRESS, TELEPHONE NUMBER, EMAIL, ETC. DIRECCIÓN COMPLETA DE CONTACTO PARA TUTORÍAS (Dirección postal, teléfono, correo electrónico, etc.)		
<ul style="list-style-type: none"> <li>JESUS LOZANO SÁNCHEZ</li> </ul>			Dpto. Nutrición y Bromatología, 3ª planta, Facultad de Farmacia. Correo electrónico: <a href="mailto:jesusls@ugr.es">jesusls@ugr.es</a> Teléfono: 958240781		
			TIMETABLE FOR TUTORIALS OR LINK TO WEBSITE  <a href="https://directorio.ugr.es/static/PersonalUGR/*/show/5da2bd9a7d2d2ee5417a817451fd484c">https://directorio.ugr.es/static/PersonalUGR/*/show/5da2bd9a7d2d2ee5417a817451fd484c</a>		
BELONGS TO UNDERGRADUATE DEGREE PROGRAMME			AND ALSO TO OTHER UNDERGRADUATE DEGREE PROGRAMMES		
<i>Grado</i> in Food Science and Technology			Human Nutrition and Dietetics		
PREREQUISITES OR RECOMMENDATIONS (where applicable)					
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 DESCRIPTION OF CONTENT (ACCORDING TO OFFICIAL VALIDATION REPORT)					
Diets at different stages of life: pregnancy, breast-feeding, young children, school, adolescence, adult and elderly					
GENERAL AND SPECIFIC COMPETENCES					
<b>General competences</b>					

<sup>1</sup> 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/!](http://secretariageneral.ugr.es/pages/normativa/fichasugr/ngc7121/))



- 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 AS EXPECTED LEARNING OUTCOMES)

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

### DETAILED SYLLABUS

#### THEORY:

- **Topic 1.-** Feeding during pregnancy. Formula diets. Distribution of the diet. Culinary aspects. Guidelines for the preparation of menus. Food recommended and inappropriate. Weight control.
- **Topic 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.
- **Topic 3.-** Infant feeding. Breast-feeding: Advantages and disadvantages.
- **Topic 4.-** Artificial feeding: Infant formula and follow-on formula.
- **Topic 5.-** Complementary infant feeding. Baby Food.
- **Topic 6.-** Feeding of toddlers. Formula diets. Distribution of the diet. Eating habits. Importance of breakfast.
- **Topic 7.-** The school feeding. Formula diets. Distribution of the diet. Dietary habits and recommendations. School canteen. Attitude to food.
- **Topic 8.-** Feeding teenagers. Distribution of the diet. Dietary habits and recommendations. Attitude to food.
- **Topic 9.-** Feeding the elderly. Formula diets. Distribution of the diet. Culinary aspects. Foods recommended by nutritional interest. Modified and adapted feed. Feeding institutionalized elderly.
- **Topic 10.-** Mediterranean diet
- **Topic 11.-** Food in the prevention of chronic degenerative diseases.
- **Topic 12.-** Vegetarian diets



- **T 13.-** Food Allergies and intolerances. Concept of food allergy. Allergy to foods of animal, vegetable and additives. Dietary treatment of allergies. Food Intolerances.
- **T 14.-** Low calorie and high-calorie diets. Developed diets for weight loss: low calorie unbalanced, dissociated and excluding

**PRACTICE:**

Seminars/Workshops

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

Laboratory informatics work

- Session 1: Food Exchange Lists
- Session 2: Design of diets
- Session 3: Evaluation of diets
- Session 4: Food labeling

**BIBLIOGRAPHY**

**BASIC READING LIST**

- Bellido Guerrero, D., De Luís Román, D.A. (Coordinadores). (2006). Manual de nutrición y metabolismo. Ed. Díaz de Santos, Madrid.
- 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.
- CESNID (2008). Tablas de composición de alimentos por medidas caseras de consumo habitual en España. Ed McGraw-Hill, Madrid.
- 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.
- 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 LINKS

- 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
- Boletín Oficial de la Junta de Andalucía
- Boletín Oficial del Estado
- Diario Oficial de la Unión Europea

## TEACHING METHODOLOGY

- Participatory Lecture
- Workshops
- Laboratory informatics practices and learning based on problem solving and case studies

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

### CONTINUOUS ASSESSMENT SESSION

#### 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.

#### PRACTICES

- 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 15% of the final grade for the course.

#### WORKSHOPS

- Performing workshops by students is mandatory.
- The rating will be a 15% of the final grade.
- Overcoming the course will mean having approved each of the parts and carried out the workshops.

### EXTRAORDINARY ASSESSMENT SESSION

- The theoretical knowledge will be evaluated following the same procedure described for the continuous evaluation. In the extraordinary evaluation, the workshop and practical qualifications will be kept, so that



the sum of all the sections is 10.0

- The scores of theoretical part, practices and workshops will be 70%, 15% and 15%, respectively of the final grade for the course. Overcoming the course will mean having approved each of the parts and carried out the workshops.

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

### 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 70 practice and 30% of the final grade.

Overcoming the course will be approved each of the parties.

### 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)

Jesús Lozano Sánchez  
[https://directorio.ugr.es/static/PersonalUGR/\\*/show/5da2bd9a7d2d2ee5417a817451fd484c](https://directorio.ugr.es/static/PersonalUGR/*/show/5da2bd9a7d2d2ee5417a817451fd484c)

**Face-to-Face tutorials by appointment:** Dpto. Nutrición y Bromatología, 3ª planta, Facultad de Farmacia.  
**Appointment:**  
Email: [jesusls@ugr.es](mailto:jesusls@ugr.es)  
Plataforma docente: PRADO 2020-2021  
**Remote tutorials:** Google Meet, a petición del estudiante.

MEASURES TAKEN TO ADAPT TEACHING METHODOLOGY

- Participatory on-campus and remote lecture based on blended synchronous learning environments. Students will be able to attend face-to-face classes until full capacity is allowed. Video-conferencing tools: the classes will be taught synchronously face-to-face and virtual, using the MEET video-conferencing and streaming tools.
- Workshops on-campus.

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

Ordinary assessment session

### CONTINUOUS ASSESSMENT SESSION

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 oficial 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.

#### PRACTICES

- 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 15% of the final grade for the course.

#### WORKSHOPS

- Performing workshops by students is mandatory.
- The rating will be a 15% of the final grade.

Overcoming the course will mean having approved each of the parts and carried out the workshops.

Extraordinary assessment session

#### EXTRAORDINARY ASSESSMENT SESSION

The theoretical knowledge will be evaluated following the same procedure described for the continuous evaluation. In the extraordinary evaluation, the autonomous work and practical qualifications will be kept, so that the sum of all the sections is 10.0

The scores of theoretical part, practices and workshops will be 70%, 15% and 15%, respectively of the final grade for the course. Overcoming the course will mean having approved each of the parts and carried out the workshops.

Single final assessment

#### 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 70% practice and 30% of the final grade.
- Overcoming the course will be approved each of the parties.

### SCENARIO B (ONCAMPUS ACTIVITY SUSPENDED)

TUTORIALS

TIMETABLE

(According to Official Academic Organization Plan)

TOOLS FOR TUTORIALS

(Indicate which digital tools will be used for tutorials)

Jesús Lozano Sánchez

[https://directorio.ugr.es/static/PersonalUGR/\\*/show/5da2bd9a7d2d2ee5417a817451fd484c](https://directorio.ugr.es/static/PersonalUGR/*/show/5da2bd9a7d2d2ee5417a817451fd484c)

**Remote tutorials:** Google Meet, a petición del estudiante.



#### MEASURES TAKEN TO ADAPT TEACHING METHODOLOGY

- Remote lecture and workshops based on video-conferencing tools: the classes will be taught virtual, using the MEET video-conferencing.

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

##### Ordinary assessment session

#### CONTINUOUS ASSESSMENT SESSION

##### THEORY

- The evaluation of the theoretical part of the course will be done through online 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

##### PRACTICES

- The completion of practices is mandatory, being essential to attend all online sessions of the same and their improvement through a online 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 15% of the final grade for the course.

##### WORKSHOPS

- Performing workshops by students is mandatory.
- The rating will be a 15% of the final grade.

Overcoming the course will mean having approved each of the parts and carried out the workshops.

##### Extraordinary assessment session

The theoretical knowledge will be evaluated following the same procedure described for the continuous evaluation to scenario B. In the extraordinary evaluation, the autonomous work and practical qualifications will be kept, so that the sum of all the sections is 10.0

The scores of theoretical part, practices and workshops will be 70%, 15% and 15%, respectively of the final grade for the course. Overcoming the course will mean having approved each of the parts and carried out the workshops.

##### Single final assessment

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 70% practice and 30% of the final grade.

Overcoming the course will be approved each of the parties



ADDITIONAL INFORMATION (if necessary)

Firma (1): MIGUEL MARISCAL ARCAS  
En calidad de: Secretario/a de Departamento



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