

**Food in communities**

MODULE	SUBJECT	Year	SEMESTER	CREDITS	TIPO
Public Health and Community Nutrition	Community Nutrition	4º	1º semestre	6	
<b>LECTURE(S)</b>			<b>CONTACT INFORMACION</b> (Postal address, telephone number, email address)		
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			seminars		
			That contained in the bulletin board of the departments and the board of teaching of the subject . Students must agree on the date and time of a tutorial by sending an e- mail to teachers in order to better adapt the tutoring at other times and different day		
<b>DEGREE</b>					
Grade in Human Nutrition and Dietetics					
<b>RECOMMENDATIONS</b> (if necessary)					
It is recommended to have previously taken the following subjects: Physiology , Chemistry , Nutrition , Food Science , Food Safety and Hygiene and Public Health.					
<b>BRIEF ACCOUNT OF THE SUBJECT PROGRAMME (ACCORDING TO</b>					



## VERIFICA PROGRAMME)

- Food in communities.
- Food consumption in Spain.
  - Mediterranean diet.
  - Implementation of nutritional parameters in assessing the nutritional status of communities.
  - Legislation on catering: European and national legislation.
  - Culinary techniques in catering.
  - Establishments engaged in the delivery of prepared meals.
  - Food in different canteens.
  - Planning, design and evaluation of diets in social aid canteens.
  - Food in the immigrant

## GENERAL AND PARTICULAR COMPETENCES

### General skills

CG1- Recognizing the essential elements of the profession of Dietitian-Nutritionist, including ethical principles, legal responsibilities and exercise of the profession, applying the principle of social justice to professional practice and developing it with respect for people, their habits, beliefs and cultures.

CG2- develop the profession with respect for other health professionals, acquiring skills for teamwork.

CG3- recognize the need to maintain and update professional skills, paying particular importance to learning autonomously and continuously, new knowledge, products and techniques in food and nutrition, as well as the motivation for quality.

CG4- Knowing the limits of the profession and its competences, identifying when interdisciplinary treatment or referral to another professional is required.

CG6- Understand, critically evaluate and know how to use and apply sources of information related to nutrition, food, lifestyles and health aspects.

CG7- Having the ability to produce reports and complete records relating to professional intervention Dietitian-Nutritionist.

CG15- Design and implement protocols for assessment of nutritional status, identifying nutritional risk factors.

CG17- know the structure of food services and power supply units and hospital nutrition, identifying and developing the functions of Dietitian-Nutritionist within the multidisciplinary team.

CG18- Participate in the organization, management and implementation of the different types of food and nutritional support hospital and outpatient dietitian and nutrition.

CG20- know and participate in the design, implementation and validation of nutritional epidemiological studies and participate in the planning, analysis and evaluation of intervention programs in food and nutrition in different areas.

CG21- Being able to engage in health promotion and prevention of disorders and diseases related to nutrition and lifestyle diseases, carrying out food and nutrition education of the population.

CG22- collaborate in the planning and development of policies on food, nutrition and food



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security based on the needs of the population and health protection.

### Specific skills

CG19- Knowing health organizations, national and international, as well as the different health systems, recognizing the role of the Dietitian-Nutritionist.

CG20- know and participate in the design, implementation and validation of nutritional epidemiological studies and participate in the planning, analysis and evaluation of intervention programs in food and nutrition in different areas.

CE46- Being able to engage in health promotion and prevention of disorders and diseases related to nutrition and lifestyle diseases, carrying out food and nutrition education of the population.

CG22- collaborate in the planning and development of policies on food, nutrition and food security based on the needs of the population and health protection.

CG25- participate in the management, organization and development of food services.

CG26- Develop, monitor and cooperate in the planning of menus and diets adapted to the characteristics of the group to which they are intended.

CG27- Intervene in food quality and safety of products, facilities and processes.

### OBJETIVES

- Know how to evaluate the nutritional quality of a menu.
- Know how to design and plan menus for different groups adapted to the requirements of a catering using different tools (software, dietary guidelines, recommended intakes).
- Know the health organizations, national and international, as well as different health systems.
- Be able to intervene in the design, implementation and validation of nutritional epidemiological studies.
- Acquire capacity to participate in planning, analysis and evaluation of intervention programs in food and nutrition in different areas.
- Be able to participate in prevention and health promotion related to nutrition and lifestyles, carrying out food and nutrition education of the population.
- Ability to assist in the planning and development of policies on food, nutrition and food security based on the needs of the population and health protection.
- Be able to participate in the management, organization and development of food services.
- Being able to develop, monitor and cooperate in the planning of menus and diets adapted to the communities to which they are intended.
- Acquire basic training for the research activity, following the scientific method, and understanding the importance and limitations of scientific thinking in health and nutrition.

### Program

40 hours (1,6 ECTS).

Dpt. Preventive Medicine and Public Health

1. Types of catering. Management models: self-service and outsourcing. Analysis of the



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- sector in Europe and in Spain. Definition, evolution and current situation.
2. Production systems and distribution of food in catering. Most used systems, traditional hot, cold line refrigerated vacuum system. Other systems. Hygienic control
3. feeding on communities and the environment.
4. public health indicators related to food and nutrition.
5. Food and economic and social development.
6. Cultural diversity, food and public health communities. Therapeutic and religious aspects. Dietary habits and nutritional status in various regions of the world. Food and health in communities subjected to migration.
7. Nutrition Policy. Planning and programming in community nutrition. Nutritional goals.
8. Health education on nutrition in communities. Methods of health education. Development of a program of health education.
9. Administrative Actions for food surveillance and control. Sanitary inspections and audits. Inspection reports, offenses and penalties.
10. Advertising and feeding. Ethical basis of advertising.
11. International organizations related to health and nutrition.

#### Dpt. Nutrition and Food Science

12. The evolution of eating habits in Spain: The growing role of new foods. New trends in food.
13. Food in communities: Planning and organizing communities menus. Classification of diets and menus.
14. Food: selection and purchase. Ration calculation and cost. Measurement units and equivalences. Standardization of recipes, menu planning and calculation of ingredients.
15. Availability of food. Ration calculation served.
16. Food in adults: Major health problems in relation to food. Risk factor's. Groups, business and social dining.
17. Food in School: Major health problems in relation to food. Risk factor's. Special needs. Menu planning. Rules and regulations. School canteens. External catering facilities and own the center.
18. Food in adolescents: Major health problems in relation to food. Inadequate eating habits. Menu planning.
19. Food in geriatric institutions: Elderly Diseases directly related to food and nutrition. Risk factor's. Detection risk of malnutrition. Screening tests Planning menus. Foods for special dietary uses. The dining room of the nursing homes. Socioeconomic aspects and ethical problems.
20. Food in the hospital: food needs. Types of menus. Risk factors: Food aid as a risk factor.

#### **Seminars**

They will be held during school hours of theory about the contents of the program at all times represent the most prevalent problems or interest to students

#### **PRACTICAL AGENDA**

15 hours (0,6 ECTS)

1. Critical reading of scientific articles on nutrition in communities.



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2. Preparation and implementation of a case study of health education.
3. Preparation of a nutritional program for school canteens. Estimating the special nutritional needs of a nursing home.
4. Evaluation of the state of satisfaction of a center served by catering. Review of rules for nutritional adequacy of services.
5. Application of knowledge in a practical course .

## References

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Aranceta, J. (2001) Nutrición comunitaria. Ed. Masson. Barcelona.

Esteban Pérez M, Fernández-Ballart J, Salas-Salvadó ( 2000) Estudio nutricional de la población anciana en función del régimen de institucionalización. *Nutr Hosp*; 15:105-113

Muñoz Calvo M<sup>a</sup> T, L. Suárez Cortina L (2007) "Nutrición en pediatría". 3<sup>a</sup> ed. Ed. Ergon. 2007.

Muñoz Hornillos, Mercedes, Aranceta Bartrina, Javier Guijarro García, Juan Luis (2007) "El libro blanco de la alimentación escolar". Ed. McGraw- Hill Interamericana.

Organización Panamericana de la salud oficina regional de la OMS. valoración nutricional del adulto mayor.

Piédrola Gil. Medicina Preventiva y Salud Pública. 11<sup>a</sup> edición. Ed. Masson-Salvat, 2008.

Ribera JM, Cruz AJ. (2008) Geriátría en Atención Primaria. Editorial Aula Médica: Madrid

Rubio Herrera MA (2002) "Manual de alimentación y nutrición en el anciano". Ed. Masson.

Marriott, N. G. (2003), Principios de higiene alimentaria. Editorial Acribia.

Salleras Sanmartí L. Educación sanitaria: principios, métodos, aplicaciones. Ed. Díaz de Santos, 1985.

Williams T., Moon A., Williamd M. (1991) Alimentos, medio ambiente y salud. Guía para maestros de enseñanza primaria. Ginebra: OMS; 1991.

Agencia Estadounidense de Seguridad Alimentaria, *Food and Drug Administration* (FDA): (<http://www.fda.gov/>).

Centro Nacional de Epidemiología: <http://cne.isciii.es/>

*Codex Alimentarius*: ([http://www.codexalimentarius.net/web/index\\_es.jsp](http://www.codexalimentarius.net/web/index_es.jsp)).

Consejo Europeo de Información sobre la Alimentación (EUFIC):



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(<http://www.eufic.org/web/index.asp?cust=1&lng=es>).

Normativa española: (<http://www.boe.es>).

Normativa europea: (<http://europa.eu.int/>).

Organización Mundial de la Salud (OMS): (<http://www.who.int/es/>)

Food and Agriculture Organization of the United Nations (FAO): [www.fao.org](http://www.fao.org)

Organización Panamericana de Salud: [www.paho.org](http://www.paho.org)

Consejería de Salud de la Junta de Andalucía: [www.juntadeandalucia.es/salud/principal](http://www.juntadeandalucia.es/salud/principal)  
Ministerio de Sanidad y Consumo: [www.msc.es](http://www.msc.es)

Departamento de Medicina Preventiva y Salud Pública (Universidad de Granada):  
<http://www.saludpublica>.

Biblioteca Electrónica de la Universidad de Granada: <http://biblioteca.ugr.es/>

U. S. Environmental Protection Agency: [www.epa.gov](http://www.epa.gov)

U. S. Centers for Disease Control: [www.cdc.gov](http://www.cdc.gov)

Naciones Unidas (ONU): [www.un.org/es/](http://www.un.org/es/)



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