

SYLLABUS

1. COURSE DESCRIPTION

Degree:	Nutrition and Dietetics
Course:	Dietetics
Module:	Nutrition and Health Science
Department:	Molecular Biology and Biochemical Engineering
Academic Year:	2017-18
Term:	Second
ECTS credits:	6
Year:	2nd year
Type:	Compulsory
Language:	Spanish

Course Model:	C1	
a. Basic learning (EB):		50 %
b. Practical learning (EPD):		50 %

SYLLABUS

2. LECTURERS

2.1. Coordinator: Isabel Cerrillo García

2.2. Lecturers:

Name:	Isabel Cerrillo García
School:	School of Experimental Sciences
Department:	Molecular Biology and Biochemical Engineering
Area:	Nutrition and Bromatology
Office Hours:	Mondays and Wednesdays: 09.00-12.00
Office:	22.B04
E-mail:	icergar@upo.es
Phone:	954977613

Name:	Luis Morán Fagundez
School:	School of Experimental Sciences
Department:	Molecular Biology and Biochemical Engineering
Area:	Nutrition and Bromatology
Office Hours:	Mondays and Wednesdays: 12.00-14.00
Office:	22.2.01G
E-mail:	ljmorfag@upo.es
Phone:	954977893

SYLLABUS

3. TOPICS

BASIC LEARNING (EB):

1. NUTRITION THROUGH DIFFERENT LIFE STAGES:

UNIT 1. INTRODUCTION TO DIETETICS

UNIT 2. HEALTHY DIET

UNIT 3. NUTRITION DURING PREGNANCY

UNIT 4. MOTHER'S NUTRITION DURING THE BREAST-FEEDING PERIOD

UNIT 5. BABY'S NUTRITION

UNIT 6. NUTRITION DURING CHILDHOOD

UNIT 7. NUTRITION DURING ADOLESCENCE

UNIT 8. NUTRITION AT AN OLD AGE

2. COMMUNITY NUTRITION

UNIT 9. MASS CATERING

UNIT 10. ALTERNATIVE NUTRITION

PRACTICAL LEARNING (EPD):

The practical sessions will be taught throughout the course in various sessions. The topics to be discussed are:

Study of usual consumption rations.

Diets evaluation and analysis.

Designing a healthy diet.

Learning and management of computer programs for the nutritional assessment of subsistence allowance. DIAL computer program.

Practical cases. DIAL computer program