



COURSE CONTENT

Academic year 2020/2021

Code-Course	051209 – Principles of Nutrition and Dietetics		
Thematic Area	Nutrition and health	Year	First
Course Type	Mandatory	Credits	3cr. ECTS
In-class Hours	30 hours	Hours of Individual Work	45 hours

BRIEF COURSE DESCRIPTION

In this course students will learn about nutrients, their function in the organism, their bioavailability, recommendations and needs and the basis of nutritional and energetic balance.

The aim of this course is that students develop certain abilities typical of the field of nutrition such as: give advice on food products design in accordance with social needs and scientific knowledge; participate in the planning and development of policies in matters of food based on people's needs and health protection; appraise the energetic, plastic and regulator content in a meal in order to determine the nutritional balance or the adequacy of a diet; understand the effects of disorders caused by nutrients deficiency, excess or unbalance; acquire scientific judgement to interpret text, documents and articles about nutrition and food.

SPECIFIC SKILLS

SS12 – Students must understand the importance of food as a conditioning factor of the population's state of health and quality of life.

SS13 – Interpret and apply the composition, the nutrition value and the functional properties of the various group foods to the culinary techniques, as well as the attention to groups with special needs.

LEARNING OBJECTIVES

- Design appropriate dietary-nutritional interventions for healthy people.
- Plan menus for different healthy groups.
- Identify factors that influence food.
- Ability to design, formulate and describe foods and products made in the culinary process.



Centre adscrit



UNIVERSITAT DE
BARCELONA

COURSE CONTENT

Academic year 2020/2021

- Know the concept and differences between dietary foods, food supplements and functional foods.

THEMATIC CONTENTS

1. Food, nutrition and dietetics
2. Metabolic phases and reservoir of nutrients
3. Nutrients recommendations
4. Dietary fibre
5. Proteins
6. Lipids
7. Vitamins
8. Minerals

LEARNING METHODOLOGY

This course combines a theoretical approach to the different subjects with their practical application to nutrition and dietetics.

During lectures, case studies will be introduced and the basic concepts resulting from them will help students to solve them. During workshops students will develop the necessary skills.

All these theoretical concepts and practical skills will be reflected in an assignment students will do out of class time.

ASSESSMENT SYSTEM

The assessment system assesses the student's achievement of learning outcomes regarding the **subject's own competences.**

Students may choose between continuous assessments throughout the year or a final examination at the end of the course.

Continuous assessment: the teaching-learning process is assessed by a continuous monitoring of the work done by the students throughout the course.



Final examination: it assesses the students' learning outcomes by means of a final exam at the end of the course. Students who cannot come to class regularly due to justified reasons will be assessed at the end of the course.

Assessment systems	Continuous	Final
Student assignments	40 %	40%
Final written exam	60%	60%

REVIEW AND REASSESSMENT OF THE COURSE

The student has the right to review all the evidences that have been designed for the assessment of learning.

If a student fails to achieve the learning objectives of the course, in order to opt for the reassessment of the course and submit a new reassessment task, it will be mandatory to fulfil one of these conditions:

- A. Students must have been awarded a mean grade of 5.0 or higher in relation to the activities carried out throughout the semester without taking into account the final exam/s (both continuous assessment and single assessment) and having attended the final exam.
- B. Students must have been awarded a final minimum grade of 4.0 in the overall course.

After the reassessment, the maximum grade is 5.0 in the overall course.

BIBLIOGRAPHY

1. Sociedad Española de Nutrición Comunitaria.(2004) Guía de la alimentación saludable. Madrid: SENC.
2. Federación Española de Sociedades de Nutrición, Alimentación y Dietética (FESNAD).(2010). *Ingestas Dietéticas de Referencia (IDR) para la población española*. Pamplona: EUNSA.
3. Mataix Verdú J. (2009). *Nutrición y alimentación humana*. 2ª edición. Madrid: ERGON.
4. Gil A, ed. (2010). *Tratado de nutrición*. 2a ed. Madrid: Acción Médica.
5. Muñoz M, Aranceta J, García-Jalon I.(2004). *Nutrición aplicada y dietoterapia*. 2ªed. Pamplona: EUNSA.



Centre adscrit



UNIVERSITAT DE
BARCELONA

COURSE CONTENT

Academic year 2020/2021

6. Institute of Medicine of The National Academies.(2005). *Dietary reference intakes for energy, carbohydrate, fiber, fat, fatty acids, cholesterol, protein, and amino acids*. Washington: National Academies Press.
7. Farran A, Zamora R, Cervera P. (2004). *Tablas de composición de alimentos. Taules de composició d'aliments*. 2a ed. Barcelona: Edicions de la Universitat de Barcelona; Madrid: McGraw-Hill Interamericana.
8. Palma I, Farran A, Cantós D.(2008). *Tablas de composición de alimentos por medidas caseras de consumo habitual en España - Taules de composició d'aliments per mesures casolanes de consum habitual a Espanya*. Madrid: Mc-Graw-Hill-Interamericana de España; Barcelona: Edicions de la Universitat de Barcelona.