

# SYLLABUS

Code-Course	<b>053225 - Food and Health</b>		
Thematic Area	Nutrition and health	Year	Third
Course Type	Mandatory	Credits	3 cr. ECTS
In-class Hours	30 hours	Hours of Individual Work	45 hours

## BRIEF COURSE DESCRIPTION

---

The subject of Food and Health is focused so that the student understands that the way of feeding can affect the health., Beyond that due to lack of food there may be situations of malnutrition (studied in the subject ...).

The subject includes a review of the characteristics of healthy eating at different stages of life, and in situations of specific nutritional needs. A special emphasis will be based on knowing the role of food as a risk factor and for the protection of chronic diseases very common in our current society (obesity, cardiovascular diseases, diabetes, hypertension, osteoporosis, etc.).

Knowing what are the components of food (nutrients or bioactive components) that can increase or decrease the risk of suffering from these diseases, opens up a world of possibilities. One of those is the palatability of foods and menus is improved from cooking and gastronomy and puts highlight the role of professionals in improving the quality of life of those affected by these diseases and the health of the general population; and gives specific attention to food allergies and intolerances, as well as critical analysis of the strengths and weaknesses of dietary patterns, such as vegetarianism or veganism that, by conviction or fashion, are increasingly adept in our society.

Finally, it also includes the study of the lights and possible shadows of organic food and of proximity food or of zero km, 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.

# SYLLABUS

SS23 – Design, cooperate and control menu planning and diets adaptation to welfare catering and food industry.

## LEARNING OBJECTIVES

---

- Design appropriate dietary-nutritional interventions for healthy people.
- Identify factors that influence food.
- Know the basis of applied gastronomy in special chronic situations (cancer), and aging relationships.
- Knowledge of nutrients, nutritional needs and the fundamentals of the relationship between food and health.
- Ability to design, formulate and describe foods and products made in the culinary process.
- Make culinary offers that promote health and disease prevention.
- Identify what are the dietary and nutritional needs of individuals.

## THEMATIC CONTENTS

---

1. Food and health
  - 1.1. Fundamentals of food and health relationship.
  - 1.2. Food and health general concepts.
  - 1.3. Legal regulations and consumers information.
2. Food for people with special nutritional needs.
3. Food for people suffering for the most common chronic diseases.

## LEARNING METHODOLOGY

---

This course consists of lectures and practical workshops where students will develop the basic skills, individually or in teams. Students will also do four assignments in an autonomous way.

## ASSESSMENT SYSTEM

---

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

---

# SYLLABUS

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
Students assignments	60%	40%
Final written exam	40%	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

---

---

## SYLLABUS

- Carbajal Azcona A y Martínez Roldán C. Manual Práctico de Nutrición y Salud. Alimentación para la prevención y el manejo de las enfermedades más prevalentes. Mar Blanco: Exlibris Ediciones, S. L; 2012. [http://www.kelloggs.es/es\\_ES/manual-de-nutricion.html](http://www.kelloggs.es/es_ES/manual-de-nutricion.html)
- Gil A. Tratado de nutrición. 3a ed. Madrid: Editorial Médica Panamericana; 2017
- Mataix Verdú J. Nutrición para educadores. 2a ed. Madrid: Ediciones Díaz de Santos; 2013
- Mataix Verdú J. Nutrición y alimentación humana. 2a ed. Majadahonda : Ergon; 2009
- Salas-Salvado J, et al, eds. Nutrición y dietética clínica. 3a ed. Barcelona : Elsevier; cop. 2014
- Serrano Rios M. et al . Guia de alimentación para las personas mayores. Majadahonda : Ergon; 2010  
[http://www.institutodanone.es/assets/guia\\_de\\_alimentacion\\_para\\_personas\\_mayores.pdf](http://www.institutodanone.es/assets/guia_de_alimentacion_para_personas_mayores.pdf)
- Zubeldía, J. M., et al, eds. Libro de las enfermedades alérgicas de la Fundación BBVA. Fundación BBVA, 2012. <http://www.alergiafbbva.es/alergia.pdf>

### Webs

- <http://www.cancer.org/healthy/eathealthygetactive/acsguidelinesonnutritionphysicalactivityforcancerprevention/acs-guidelines-on-nutrition-and-physical-activity-for-cancer-prevention-common-questions>. American Cancer Organisation.
- <http://professional.heart.org/professional/GuidelinesStatements/searchresults.jsp>. American Heart Association
- <http://acsa.gencat.cat/ca/inici/> Agència Catalana de Seguretat Alimentària (ACSA)
- [http://www.aecosan.msssi.gob.es/AECOSAN/web/home/aecosan\\_inicio.htm](http://www.aecosan.msssi.gob.es/AECOSAN/web/home/aecosan_inicio.htm) Agencia Española de Consumo y Seguridad Alimentaria AECOSAN
- <https://www.efsa.europa.eu/>. Autoridad Europea de Seguridad Alimentaria (EFSA)
- <https://www.celiacscatalunya.org/es/index.php>. Celiacs de Catalunya

# SYLLABUS

- <http://www.who.int/es/> Organización Mundial de la Salud