

**COURSE DATA****Data Subject**

<b>Code</b>	36368
<b>Name</b>	Dietetic
<b>Cycle</b>	Grade
<b>ECTS Credits</b>	6.0
<b>Academic year</b>	2024 - 2025

**Study (s)**

<b>Degree</b>	<b>Center</b>	<b>Acad. year</b>	<b>Period</b>
1212 - Degree in Gastronomic Sciences	Faculty of Pharmacy and Food Sciences	2	Second term

**Subject-matter**

<b>Degree</b>	<b>Subject-matter</b>	<b>Character</b>
1212 - Degree in Gastronomic Sciences	10 - Nutrition and dietetics	Obligatory

**Coordination**

<b>Name</b>	<b>Department</b>
GALVEZ LLOMPART, MARIA	265 - Prev. Medicine, Public Health, Food Sc., Toxic. and For. Med.

**SUMMARY**

Dietetics is a compulsory subject, which is taught with a load of 6 ECTS credits, in the second semester of the second year of the Degree in Gastronomic Sciences. With this subject it is intended that the student assimilate the basic knowledge about general concepts of dietetics, the application to the different physiological stages of life and its relation to health.

The fundamental objective is that the student knows the nutritional needs of the population, and knows how to adjust them in a balanced and varied diet, in addition to knowing the indicated diet in various nutritional and chronic pathologies. It deals with the student being able to interpret and apply the knowledge acquired in the subject in the professional practice.



## PREVIOUS KNOWLEDGE

### Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

### Other requirements

## COMPETENCES (RD 1393/2007) // LEARNING OUTCOMES (RD 822/2021)

### 1212 - Degree in Gastronomic Sciences

- Know about nutrients, their function in the organism, bioavailability, needs and recommendations, and the basis of energy and nutritional balance.
- Students must have the ability to gather and interpret relevant data (usually in their field of study) to make judgements that take relevant social, scientific or ethical issues into consideration.
- Have knowledge and understanding in the field of gastronomic sciences.
- Adquirir la formación básica para formular hipótesis, recoger e interpretar la información para la resolución de problemas siguiendo el método científico y comprendiendo la importancia y las limitaciones del pensamiento científico.
- Learn the fundamentals for using the scientific equipment directly related to professional activity.
- Be able to engage in new fields of gastronomy in general through independent study.
- Be able to distribute time appropriately for carrying out individual or group tasks.
- Elaborar y manejar los escritos, informes y procedimientos de actuación más idóneos para los problemas suscitados y utilizando un lenguaje no sexista.
- Saber aplicar esos conocimientos al mundo profesional, contribuyendo al desarrollo de los Derechos Humanos, de los principios democráticos, de los principios de igualdad entre mujeres y hombres, de solidaridad, de protección del medio ambiente y de fomento de la cultura de la paz con perspectiva de género.
- Diseñar ofertas gastronómicas atractivas, saludables y adecuadas a las características del establecimiento y expectativas del mercado.

## LEARNING OUTCOMES (RD 1393/2007) // NO CONTENT (RD 822/2021)

Learning assessment of knowledge, skills and abilities will be made in the form of continuous assessment throughout the course. They are considered evaluable parameters:

- Making individual memories and / or collective exercises relating to the different activities in the classroom, computer room and laboratory, where the acquisition of skills and ad hoc defined attitudes to the subject will be assessed as well as the work done by the student and the acquisition of basic concepts and procedures.



- Written test in which the degree of general knowledge of theoretical, practical and procedures presented for each topic concepts will be evaluated.
- Attitude student, assessable from individual and group tutorials, practical classes and presented and discussed in the classroom seminars.

## DESCRIPTION OF CONTENTS

### 1. DIET AND HEALTH

In this unit the relationship between diet and health studies, laying the groundwork for a balanced diet.

- 1.1. Dietetics: history and current definition.
- 1.2. Balanced or healthy diet.

### 2. INDIVIDUAL FOOD, AND ADJUSTMENTS TO CHANGES IN THE VARIOUS STAGES OF LIFE

This power unit in the healthy adult, modifications and adaptations at different stages of life is studied.

- 2.1. Process for making individualized diet. Interrogation food. Ways to plan a balanced diet.
- 2.2. Food healthy adult.
- 2.3. Feeding the pregnant woman and the nursing mother.
- 2.4. Infant feeding.
- 2.5. Feeding preschool and school children.
- 2.6. Food teenager.
- 2.7. Food in middle age and during menopause.
- 2.8. Food in geriatric age.

### 3. FOOD IN SPECIAL SITUATIONS

In this unit different situations that should make dietary modifications are studied.

- 3.1. Food motivated by personal, cultural or religious preferences: vegetarian, macrobiotic, Ketogenic, disassociated ... power ..
- 3.2. Food in the practice of physical activity. Sports nutrition and gastronomy.
- 3.3. Feeding in food intolerances and allergies.
- 3.4. Food in chronic nutritional diseases: overweight / obesity, diabetes, HTA, etc. Food and dietary recommendations.

### 4. THE MENU AS A DIETARY UNIT

- Structure and distribution of meals
- Preparation and evaluation of dietary sheets
- Interpretation of recipes
- Scandal and cost of the full menu

**WORKLOAD**

ACTIVITY	Hours	% To be attended
Theory classes	45,00	100
Laboratory practices	10,00	100
Computer classroom practice	5,00	100
Development of group work	5,00	0
Development of individual work	5,00	0
Study and independent work	55,00	0
Readings supplementary material	5,00	0
Preparation of evaluation activities	5,00	0
Preparing lectures	10,00	0
Preparation of practical classes and problem	5,00	0
<b>TOTAL</b>	<b>150,00</b>	

**TEACHING METHODOLOGY**

The development of the course is divided into:

**Theory classes:** Basically, the model of master class, which will be held in weekly sessions of one hour is used. The teacher will present the most important concepts and contents of each issue, using audiovisual equipment for fast and consistent development of them. Professor leave early enough accessible on the platform of support for teaching "virtual classroom", the need for proper monitoring of the lectures material. The teacher will monitor assistance to them.

**Practical classes classroom:** a number of practical issues and problems will arise related to the concepts learned in theory, that students must solve.

**Practical sessions, includes laboratory and computer classroom):** They are compulsory. During the sessions, the student will have the "Notebook of practices" with a small theoretical introduction of them and the protocol to perform. The student must complete it and deliver it to the teacher at the end of practices for correction. During the practical classes the most representative calculations are reviewed.

**Seminars:** Son of accomplishment and compulsory for students enrolled. They should be prepared in groups of 4 students, each of which will present a topic to be held during the seminar (written work and oral presentation of 20 minutes) .The deadlines and dates related to it appear in the virtual classroom of the subject with the well in advance.

The work must be delivered to tutor electronically and on paper and must contain the following documents:



a) The work of the presentation should have one a length ranging between 10 and 20 pages, and a recommended bibliography that allows, if the student so desires deeper into the subject.

b) under power point presentation

The work will be presented during the seminars, and exposure should actively participate all members of the group. At the end of a discussion with the participation of all seminar attendees will be entered into.

The assessment of the seminars will cover both the scientific contents treated as the way the presentation was made, especially by assessing the ability of communication and transmission of ideas and concepts, as well as the ability to integrate into a working group.

## EVALUATION

Learning assessment of knowledge, skills and abilities will be made in the form of continuous assessment throughout the course. They will be assessed:

- The theoretical and practical knowledge through a final written test with open questions and short answer, or alternative response (true / false) with reasoning.
- The realization of individual and / or collective exercises relating to various activities in classroom memories, computer room and laboratory
- Preparation and participation in seminars: written work and exhibition
- Other tasks proposed throughout the course
- Student Attitude (evaluable from individual and group tutorials, and participation in practical classes and seminars
- Assistance to class.

For the purposes of percentages, the evaluation will be distributed:

**Evaluation of the theoretical issues through the final written test.** The result of this evaluation will be **7 points of the final grade for the course.**

**Evaluation of the laboratory practical classes.** The rating obtained represents 1.5 points of the overall rating of the subject, divided between correcting **notebooks practices** (50%) and the realization of **practical issues in the final written test** (50%). **Failure to attend laboratory practices means not being able to obtend the approval in the subject.**

**Evaluation of the seminar:** The seminar with a maximum of **1 point to the final grade** for the course. It will also take into account attendance to, and non-attendance without just cause, involve a zero in this section.

**Evaluation of tutorials and practical classes in the classroom (tasks):** This section **represents 0.5 points.** This qualification is part of the proposed tasks in practical classes in the classroom and in the regulated tutorials. The note will be distributed according to the number of issues and tasks that have been proposed. Failure to attend the tutorials without just cause involve a zero in this section.





**To pass the course is necessary to obtain a minimum overall score of 5 out of 10 in the theory exam.**

Therefore, you can not pass the course if any of these circumstances:

There have obtained at least 5 out of 10 at the theoretical examination.

The overall rating of the subject is less than 5.

In the case of suspend the subject in the first call, only will be saved until the second call the note obtained in performing laboratory practices and booklets corresponding thereto and the corresponding tutorials, assignments and seminars note.

In the case of suspending the course in second call, laboratory practices no you repeat over the next two years.

Students repeating the subject will keep their grades for seminars and class assignments for the next two academic years.

In the first call they will be classified as not presented:

Students who have not submitted the written examination of theory, but who have participated and take note in somewhere/s of activities (seminars, laboratory, computer tutorials, ...).

Students who have not submitted the written theory exam or have participated or obtained note in the rest of the course activities.

In the second call will be rated as not presented, only students who are not they have submitted the written theory exam or have participated or obtained note in the rest of the course activities. Instead, not submitted to the theoretical exam but have some score of other activities, will be assessed as suspense.

## REFERENCES

### Basic

- Referencia b1: SALAS-SALVADÓ, J. Nutrición y dietética clínica. Barcelona : Elsevier, cop. 2014
- Referencia b2: MARTÍNEZ, J.A. y María del Puy Portillo Baquedano. Fundamentos de nutrición y dietética : bases metodológicas y aplicaciones. Ed. Médica Panamericana (Madrid). 2011
- Referencia b3: MAHAN, L.K., ESCOTT-STUMP, S. AND RAYMOND, J.L. Krause's food & the nutrition care process. Elsevier/Saunders 12th ed. c2008.
- Referencia b4: Oliveira Fuster, Gabriel, ed. Manual de nutrición clínica y dietética (2a. ed.). España: Ediciones Díaz de Santos, 2007. ProQuest ebrary. Web. 28 June 2015.

### Additional

- Referencia c1: Gil-Hernández, A. Tratado de nutrición. Ed. Médica Panamericana, 2010
- Referencia c2: Muñoz Hornillos, M., Aranceta Bartrina, J., García-Jalón de la Lama, I. Nutrición aplicada y dietoterapia. Pamplona: Eunsa, 1999