

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

<b>Code</b>	44204
<b>Name</b>	Food and society
<b>Cycle</b>	Master's degree
<b>ECTS Credits</b>	15.0
<b>Academic year</b>	2024 - 2025

**Study (s)**

<b>Degree</b>	<b>Center</b>	<b>Acad. Period</b>	<b>year</b>
2194 - Master's Degree in Personal and Community Nutrition	Faculty of Pharmacy and Food Sciences	1	Second term

**Subject-matter**

<b>Degree</b>	<b>Subject-matter</b>	<b>Character</b>
2194 - Master's Degree in Personal and Community Nutrition	3 - Alimentación y sociedad	Obligatory

**Coordination**

<b>Name</b>	<b>Department</b>
SORIANO DEL CASTILLO, JOSE MIGUEL	265 - Prev. Medicine, Public Health, Food Sc., Toxic. and For. Med.

**SUMMARY**

The student will focus in three aims. First, cooking and nutrition, from the development of safety and healthy dishes or according to cultural and / or religious, furthermore, training to school canteens. Second, the student will learn to develop and evaluate cooperation projects, in addition to knowing the best strategies in humanitarian aid and anthropometry and nutritional improvement of populations in risk of malnutrition. Finally, the student will learn classic techniques and innovative communication and protocol techniques, marketing and advertising of foodstuffs, and the most appropriate design curriculum.



## PREVIOUS KNOWLEDGE

### Relationship to other subjects of the same degree

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

### 2194 - Master's Degree in Personal and Comunity Nutrition

- Students should apply acquired knowledge to solve problems in unfamiliar contexts within their field of study, including multidisciplinary scenarios.
- Students should be able to integrate knowledge and address the complexity of making informed judgments based on incomplete or limited information, including reflections on the social and ethical responsibilities associated with the application of their knowledge and judgments.
- Students should communicate conclusions and underlying knowledge clearly and unambiguously to both specialized and non-specialized audiences.
- Students should demonstrate self-directed learning skills for continued academic growth.
- Students should possess and understand foundational knowledge that enables original thinking and research in the field.
- Ser capaces de obtener y de seleccionar la información y las fuentes relevantes para la resolución de problemas, elaboración de estrategias y asesoramiento a clientes.
- Know how to work in multidisciplinary teams reproducing real contexts and contributing and coordinating their own knowledge with that of other branches and participants.
- Participate in, lead and coordinate debates and discussions, be able to summarize them and extract the most relevant conclusions accepted by the majority.
- Proyectar sobre problemas concretos sus conocimientos y saber resumir y extraer los argumentos y las conclusiones más relevantes para su resolución.
- Conocer y usar con fluidez los bloques normativos reguladores de la empresa y las categorías, normas y trámites jurídicos, así como los pronunciamientos judiciales más significativos.
- Planificar, ordenar y encauzar actividades de manera que se eviten en lo posible los imprevistos, se prevean y minimicen los eventuales problemas y se anticipen sus soluciones.
- Elaborar y manejar los escritos, informes y procedimientos de actuación más idóneos para los problemas suscitados y utilizando un lenguaje no sexista.
- Introducir al estudiante con elementos claves en la comprensión de las políticas de alimentación y nutrición y su contexto.  
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- Conocer la relación entre el desarrollo de las políticas y la salud, la alimentación y la nutrición, su construcción, formulación e implementación y analizar críticamente las políticas en curso en la resolución de problemas.



- Desarrollar habilidades para la planificación de programas de intervención con un enfoque participativo de la comunidad.
- Capacitar al desarrollo de tecnología culinaria adaptada a terapias nutricionales individualizadas y comunitarias.
- Fomentar el emprendimiento, desarrollo de patentes y de know-how en el ámbito de la nutrición y/o alimentación.
- Valorar la importancia de la restauración colectiva para la consecución de una gastronomía saludable y el desarrollo de una cultura de la alimentación en la recuperación de tradiciones culinarias y modelos alimentarios.
- Identificar, organizar y elaborar proyectos de cooperación al desarrollo en el ámbito de la nutrición y la salud.
- Conocer las estrategias, herramientas y diseño de planes de medios sociales, marketing alimentario y tecnología de la información y la comunicación (TIC), para el desarrollo de la actividad dietética.
- Conocer la normativa sobre información alimentaria, su publicidad y estrategias de venta.
- Conocer las estrategias más adecuadas en educación alimentaria.
- Adquirir el conocimiento que permita actuar en respeto a los derechos fundamentales y a los principios de igualdad.

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- Institutional catering
  - Organization and stages of the cooking process.
  - Cultural aspects in food.
  - New techniques and technologies used in kitchen.
  - Food safety.
  - Planning, design, management and evaluation.
  - Humanitarian aid: logistics and security.
  - Anthropometry and nutritional assessment in emergencies.
  - Background and evaluation of volunteer cooperation.



- Education for development.
- Technical and communication skills.
- Marketing and advertising.
- Protocol.
- Patents and know-how.
- Use of Information Technology and Communication (ICT).
- Design and development of curriculum.

## DESCRIPTION OF CONTENTS

### 3. Food and Society

Eco-innovative food products: theory and practice  
Understanding statistics in nutrition  
Technical aspects and optimization in culinary preparation  
Resources and culinary practice in the design and development of customized menus  
Nutritional showcooking  
Cultural and religious food and menu design aspects  
Sustainable Food  
Tupper and nutrition  
Educator of the school canteen  
Adapting nutritional dishes / menus catering to different pathologies  
How to organize courses for food handlers in the office of nutrition and dietetic.  
Prevention of occupational risks in the field of nutrition  
Formulation of projects for international development cooperation  
Assess awareness projects and development cooperation  
Humanitarian aid: logistics and security  
Anthropometry in cooperation  
Nutritional management in humanitarian aid  
The importance of nutrition in development education  
Know-how and patents  
Social Media Player nutrition  
Binomial nutrition success-entrepreneurship  
Marketing and advertising in nutrition  
Curriculum vitae: the great unknown  
Search jobs nutrition at national and international level



## WORKLOAD

ACTIVITY	Hours	% To be attended
Theory classes	49,00	100
Classroom practices	20,00	100
Other activities	16,00	100
Seminars	14,00	100
Tutorials	14,00	100
Computer classroom practice	8,00	100
<b>TOTAL</b>	<b>121,00</b>	

## TEACHING METHODOLOGY

- Lectures, participatory lecture
- Resolution of case studies and case reports
- Seminars
- Project Development
- Project Rating
- Tour companies and NGOs
- Debate and discussion
- Expert Conference
- Working Group

In addition, the contents of the module will be related to the Sustainable Development Goals (SDG). This is intended to provide students with knowledge, skills and motivation to understand and address these SDGs, while promoting reflection and criticism.



## EVALUATION

A written test will be carried out at the end of each semester on the contents taught in the module sessions to guarantee knowledge and understanding of these.

It will be necessary to obtain a 5 or more in the final grade to consider the subject passed.

This evaluation will represent **100%** of the final grade for the subject.

## REFERENCES

### Basic

- McGee, H. La cocina y los alimentos: Enciclopedia de la ciencia y la cultura de la comida. Ed. Debate. 2007
- Soriano, J.M.; Martínez, M.C.; Barros, T.; Navarro, J. Creencias, preceptos y tabús alimentarios. Ed. Pasión por los Libros. 2011.
- Prudhon, C. Evaluación y tratamiento de la desnutrición en situaciones de emergencia: manual del tratamiento terapéutico de la desnutrición y planificación de un programa nacional. Ed. Icaria: Barcelona (España). 2002.
- Roggiere, E.A.; Sanzo, M.A. Desnutrición infantil: fisiopatología, clínica y tratamiento dietoterapéutico. Ed. Corpus Libros Médicos y Científicos: Rosario (Argentina). 2007
- Soriano, J.M. Nutrición y cooperación al desarrollo. Servei de Publicacions de la Universitat de València: Valencia (España). 2010
- Save the Children. Emergency nutrition assessment: Guidelines for field workers. Ed. Save the Children: Londres (Reino Unido). 2004
- Marcos, A. Malnutrición en el mundo: Como encontrar soluciones en el Siglo XXI. Editec@Red: Madrid (España). 2008
- World Bank. What can we learn from nutrition impact evaluations?: Lessons from a review of interventions to reduce child malnutrition in developing countries (Independent Evaluation Group Studies). World Bank Publications: Washington (EEUU). 2010
- Gibson, M. Food and Society. Academic Press: Massachusetts (EE.UU.). 2023
- Pemberton, A.; Nicolle, L. Using Nutrigenomics within Personalized Nutrition: A Practitioners Guide. Singing Dragon. London (UK). 2022
- Pimentel, M.; Rezaie, A. Building a Better Biome: Understanding the Microbiomes Connection to Health and Gut Happiness. Surrey Books. Chicago. USA. 2021.



### Additional

- UNICEF. Manual para situaciones de emergencia sobre el terreno. 2005. Disponible en: [http://www.unicef.org/lac/UNICEF\\_Emergency\\_Field\\_Handbook\\_SP.PDF](http://www.unicef.org/lac/UNICEF_Emergency_Field_Handbook_SP.PDF)
- Emergency Nutrition Network (ENN). Resource material for training and learning on nutrition in emergencies. 2011. Disponible en: <http://www.ennonline.net/resources>
- Proyecto Esfera. Carta Humanitaria y normas mínimas para la respuesta humanitaria. Practical Action Publishing: Rugby (Reino Unido). 2011. Disponible en: [www.sphereproject.org](http://www.sphereproject.org)
- Guía de la alimentación saludable. SENC (Sociedad Española de Nutrición Comunitaria), 2016.

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