

**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>	2021 - 2022

**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>
GUILLEM RAMON, ANA DOLORES	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

## OUTCOMES

### 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.
- Acquire the basic training needed to formulate hypotheses, gather and interpret information for solving problems using the scientific method, and understand the importance and the limitations of scientific thinking.
- 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.
- Prepare and handle the writings, reports and action procedures best suited to the problems raised, using non-sexist language.
- Be able to apply this knowledge to the professional world, contributing to the development of human rights, democratic principles, the principles of equality between women and men, solidarity, environmental protection and the promotion of a culture of peace from a gender perspective.
- Design attractive, healthy and appropriate gastronomic offers according to the type of business and to market expectations.

## LEARNING OUTCOMES

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.

Students find in the virtual classroom presentation, consisting of a script, a schematic synapses of the contents and a bibliography that students can use as a basis for work. 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:

- 1) 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.
- 2) 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 (5%) and the realization of practical issues in the final written test (95%). Failure to attend laboratory practices means not being able to obtend the approval in the subject.
- 3) 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.





4) 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:

- 1) There have obtained at least 50% of the theoretical examination.
- 2) 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 any case the note obtained (a theoretical questions or practical issues relating to the same or corresponding) will be saved in the exam.

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

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

- 1) 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, ...).
- 2nd) 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

## **ADDENDUM COVID-19**

**This addendum will only be activated if the health situation requires so and with the prior agreement of the Governing Council**

### **1. Contents**

All the contents initially included in the teaching guide are maintained

### **2. Volume of work and temporal planning of teaching**

The workload for the student body is maintained, changing the methodology of the activities with respect to the conventional teaching guide to adopt the hybrid teaching model.

### **3. Teaching methodology**

- Theoretical teaching: If regular presence is not feasible, it will be carried out through synchronous sessions (videoconferences). If the presence could be only partial, the students will be divided into groups, so that one group will be in the classroom of the Faculty while the other will connect online, alternating their attendance for weeks. In any case, the schedule (date and time) approved by the CAT and published on the web will be followed.
- Tutorials and consultations: If the presence is not feasible, they will be attended by videoconference (agreeing the time) or by Email with the commitment of 48h response on working days.
- Classroom practices and Seminars: If the presence is not feasible, the tasks will be proposed and solved with the tools available in the virtual classroom.
- Laboratory practices: They will be face-to-face and according to the course calendar, but with the appropriate modifications to comply with the safety regulations against CoVid19.
  - They will be carried out with 50% of the students of each group of practices, so that each of the two days of laboratory, half of the students that make up the group will attend. The group of students who should not go to the laboratory, will carry out the practices from home, with the support of audiovisual media (videos, power speech ...) through the virtual classroom. In the practices carried out in person in the laboratory, the processing times of the sample will be reduced, as far as possible.
- Computer practices:



They will be held with 50% of the students in the practice group, so that half of the students will attend each day. On the day that it is not in person, students will work from home (online diet assessment program).

With adequate notice, the students will be provided, in addition to the notebook and the practice sheet, a script where they will be explained in detail the practices that must be carried out in the laboratory in person, and those that will be carried out at home, as well as the subgroups of each group of practices.

If, due to health circumstances, the attendance is canceled, the practices will be adapted with audiovisual means (videos, synchronous videoconference, supervised activities ...) and all face-to-face teaching will be carried out online.

#### **4. Evaluation**

If the evolution of the current pandemic allows it, it will be face-to-face and in the terms indicated in the teaching guide. Only in case this is not possible, the evaluation will be carried out through the virtual classroom with tasks or online questionnaires with single or multiple choice questions, which can be complemented with short questions and/or on certain occasions through an oral exam through videoconference

The relative weight in the evaluation of the theory, practices and activities of continuous evaluation is maintained as indicated in the teaching guide.

#### **5. Bibliography**

Not modified