

Course Specifications

Course name:	Nutrition and Diet therapy
Course code	WNR-31-05
Credit	(2) Hours.
Course stages:	3stage
Semester:	First semester.
Teacher name	DR. Fatimah Fadil Jawad
Course description	
<u>Course Description Professional Perspectives and Issues in Nursing:</u>	
<p>This course explores the various nutrients, their sources, metabolism, interaction, storage, and excretion. Current research is presented against a background of basic nutritional concepts. Special emphasis is placed on understanding the role nutrition plays in the current health care delivery system, on evaluating fads and fallacies, and how nutrition can be emphasized to promote health maintenance. Topics include body systems, healthy cooking techniques, dietary restrictions and guidelines, diet and disease, recipe modifications, menu planning, and nutritional concerns of the athlete or the vegetarian.</p>	
General Objectives / Goals	
Course goals:	
<u>Objectives of the subject:-</u>	
*General objectives :-	
<p>Students should be able to apply knowledge gained from the class to support a healthy lifestyle for themselves and their families. They should gain experience in critical thinking, reading scientific literature, communicating ideas in nutrition and understanding how it affects daily life. Students should be able to understand the difference between science and pseudoscience in nutrition, between facts and wild extrapolations that pass for</p>	

List of contents:

Week number	Expected date	Main Contents
1.	19\ 9\ 2023	An Overview of Nutrition
2.	26\9\2023	Digestion, Absorption and Transport
3.	3\10\2023	Carbohydrates: Sugars, Starches, and Fibers
4.	10\10	Carbohydrates: health, diabetes, athletic performance
5.	17\10	Protein: Amino Acids
6.	24\10)	The Lipids: Triglycerides, Phospholipids, and Sterols
7.	31\10	Energy Metabolism (mid exam)1
	7\11	Energy Balance and Body Composition
8.	14\11	Weight Management: Overweight, Obesity, and Underweight/athletic performance
9.	21\11	The Water-Soluble Vitamins: B Vitamins and Vitamin C
10.	28\11	The Fat-Soluble Vitamins: A, D, E, and K
11.	5\12	Water and Major Minerals / The Trace Minerals
12.	12\12	Planning a Healthy Diet/ Thanksgiving (mid term)2
13.	19\12	World Hunger/Food sustainability
14.	26\12	Selected Topics from remaining chapters including food safety, food additives, nutrition impact on aging and disease risk.
15.	Final exam	

Methods of teaching: (theory)

1. Classroom lectures.
2. Online discussions and explanations via Moodle and forums.
3. Brainstorming.
4. group discussions.

Students Evaluation:

1 st month exam.	10%
2 nd month exam.	10%
Class activities and attendance	5 %
Assignment	5%
Final theory exam.	70%

Total	100%
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Resources and References:

- Whitney/Rolfes - Bundle: Understanding Nutrition, Loose-leaf Version, 15th + MindTap® Nutrition, 1 term (6 months) Printed Access Card
- ISBN 9781305616707 (Note: MindTap is not required. Also, if expense is an issue, you may use an older version of the book. The thirteenth edition of Understanding Nutrition is a perfectly acceptable alternative text.

Signature Date.....

Head of department signatureFaculty Dean approval

