



Universitat de Lleida

# DEGREE CURRICULUM **APPLIED DIETETICS**

Coordination: RUBIO PIQUE, LAURA

Academic year 2023-24

Subject's general information

<b>Subject name</b>	APPLIED DIETETICS			
<b>Code</b>	100636			
<b>Semester</b>	1st Q(SEMESTER) CONTINUED EVALUATION			
<b>Typology</b>	<b>Degree</b>	<b>Course</b>	<b>Character</b>	<b>Modality</b>
	Bachelor's Degree in Human Nutrition and Dietetics	4	OPTIONAL	Attendance-based
<b>Course number of credits (ECTS)</b>	3			
<b>Type of activity, credits, and groups</b>	<b>Activity type</b>	PRAULA		TEORIA
	<b>Number of credits</b>	2		1
	<b>Number of groups</b>	1		1
<b>Coordination</b>	RUBIO PIQUE, LAURA			
<b>Department</b>	FOOD TECHNOLOGY, ENGINEERING AND SCIENCE			
<b>Important information on data processing</b>	Consult <a href="#">this link</a> for more information.			

Teaching staff	E-mail addresses	Credits taught by teacher	Office and hour of attention
RUBIO PIQUE, LAURA	laura.rubio@udl.cat	3	

## Learning objectives

- Obtain proven information and know how to draw up food recommendations and dietary guidelines for the general population and in different physiological situations of life.
- Know the appropriate tools and resources to develop an individualized dietary plan
- Put into practice the preparation of diets and menus in accordance with the physiological situation based on the dietary history.

## Competences

Prepare and interpret a dietary history in healthy people

Plan, prepare and monitor diets in healthy individuals on an individualized basis

Plan and prepare diets and menus in collectives

Develop nutritional education programs and guidelines

## Subject contents

Introduction. Diet planning.

Bioavailability of nutrients.

Dietary strategies to reach protein requirements.

Qualitative diets.

Quantitative diets I.

Quantitative diets II.

Dietetics applied in sport.

Applied dietetics in paediatrics.

Applied dietetics in vegetarianism and veganism.

## Methodology

- Theoretical introduction to each topic with practical resources.
- Presentation of cases related to the subject
- Solving activities and practical cases individually or in groups.

## Development plan

A weekly session of 2 hours will be held, including theory and practice

Proposals will be made to the students for individual work to hand in or present in a class session.

## Evaluation

### 1. PARTIAL EXAMS (60% of final mark)

- Written test I (30%)

- Written test II (30%)

### 2. SEMINARS (40% of final grade)

Classroom activities and solving practical cases