



Universitat de Lleida

DEGREE CURRICULUM **DIETETICS**

Coordination: PIQUE FERRE, M. TERESA

Academic year 2023-24

Subject's general information

Subject name	DIETETICS			
Code	100643			
Semester	2nd Q(SEMESTER) CONTINUED EVALUATION			
Typology	Degree	Course	Character	Modality
	Bachelor's Degree in Human Nutrition and Dietetics	2	COMPULSORY	Attendance-based
	Double bachelor's degree: Degree in Human Nutrition and Dietetics and Degree in Physiotherapy	3	COMPULSORY	Attendance-based
Course number of credits (ECTS)	9			
Type of activity, credits, and groups	Activity type	PRALAB	PRAULA	TEORIA
	Number of credits	1.2	4.8	3
	Number of groups	3	2	1
Coordination	PIQUE FERRE, M. TERESA			
Department	FOOD TECHNOLOGY, ENGINEERING AND SCIENCE			
Important information on data processing	Consult this link for more information.			

Teaching staff	E-mail addresses	Credits taught by teacher	Office and hour of attention
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Subject's extra information

Dietetics studies how to provide each individual or community with the necessary food for their proper development according to their physiological state, health maintenance, prevention and treatment of diseases. Some pathologies such as obesity, hypertension, diabetes, cardiovascular diseases, eating behavior disorders and some cancers are related to an unbalanced diet. The ideal diet that serves everyone does not exist, but there are some criteria or dietary guidelines. Knowing the nutritional composition of foods is very useful in the design of these diets. In the subject of Dietetics, the knowledge acquired in the subjects of Food Science and Nutrition is essential to understand and relate the content of the topics included in the program.

Learning objectives

1. Describe the bases of healthy eating and classify the different diet alternatives.
2. Know the methodology of food education
3. Recognize the importance of adequate nutrition in maintaining health, as well as the important role that diet plays in chronic diseases.
4. Know the importance of the nutritional value of food and eating habits to be able to relate them to the appearance of diseases.
5. Calculate and establish healthy eating patterns in individuals and communities.
6. Develop menu planning for communities.
7. Design and interpret food surveys.
8. Describe the forms of restoration and culinary techniques to optimize the organoleptic and nutritional characteristics in dietetics and diet therapy.

9. Know and use the techniques for assessing the nutritional status of the individual and the community, especially those aimed at assessing the diet.

10. Prepare and interpret a dietary history.

11. Plan, implement and evaluate specific diets with the use of computer tools.

Competences

Specific Competences:

CE28 Apply knowledge of Food Sciences and Nutrition to dietetic and dietary therapy practice.

CE29 Know gastronomy and culinary techniques to optimize the organoleptic and nutritional characteristics in dietetics and diet therapy.

CE31 Participate in the design of total diet studies.

CE35 Identify the patient's dietary-nutritional problems, as well as the risk factors.

CE36 Prepare and interpret a dietary history in healthy and sick subjects.

CE40 Plan, implement and evaluate therapeutic diets for subjects and/or groups.

CE45 Plan and carry out dietary-nutritional education programs in healthy and sick subjects.

General Competencies

CG1 Recognize the essential elements of the dietitian-nutritionist profession, including ethical principles, legal responsibility and the exercise of the profession, applying the principle of social justice to professional practice and developing it with respect to people, their habits, beliefs and cultures.

CG2. Develop the profession with respect to other health professionals, acquiring skills to work as a team.

CG3. Recognize one's own limitations and the need to maintain and update professional competence, giving special importance to autonomous and continuous learning of new knowledge, products and techniques in nutrition and food, as well as motivation for quality.

CG4. Communicate effectively, both orally and in writing, with people, health or industry professionals and the media, knowing how to use information and communication technologies, especially those related to nutrition and life habits.

CG5. Know, critically assess and know how to use and apply information sources related to nutrition, food, lifestyles and health aspects.

CG6. Know the limits of the profession and its competencies, identifying when interdisciplinary treatment or referral to another professional is necessary.

Basic competencies:

CB2 That students know how to apply their knowledge to their work or vocation in a professional way and possess the skills that are usually demonstrated through the elaboration and defense of arguments and the resolution of

problems within their area of study.

CB3 That students have the ability to gather and interpret relevant data (normally within their area of study) to make judgments that include a reflection on relevant issues of a social, scientific or ethical nature.

CB4 That students can transmit information, ideas, problems and solutions to both specialized and non-specialized audiences.

CB5 That students have developed those learning skills necessary to undertake further studies with a high degree of autonomy.

Transversal Competences of the UdL:

CT3 Master ICT.

CT5. Acquire essential notions of scientific thought.

Subject contents

Module 1 - Introduction

UNIT 1. Concepts of balanced diet, diet therapy, dietary recommendation. Types of diets.

UNIT 2. Dietetic advice: Food guides. Food ration and equivalents. Methods of assessment of food consumption. Total diet studies.

UNIT 3. Dietary planning: Objectives. Diet design. Weighted diets. Diets for exchanges.

Module 2 – Dietetics in physiological situations of life

UNIT 4. Feeding adapted to infants.

UNIT 5. Feeding in physiological situations: Pregnancy. Lactation. Menopause

UNIT 6. Food in the various stages of life: Childhood. School stage. Adolescence. UNIT 7. Feeding in the aging.

UNIT 8. Nutrition in sport.

UNIT 9. Food in special conditions: Modified diets in energy, nutrients and texture.

Module 3 – Collective catering and food alternatives

UNIT 10. Commercial or collective restoration. Diets in communities.

UNIT 11. Mediterranean diet.

UNIT 12. Food in different cultures.

UNIT 13. Vegetarian diet.

UNIT 14. Alternative diets.

Methodology

• Master classes

They will be carried out with all the students in the classroom. Their purpose is to give an overview of the educational content related to the specific knowledge of the subject, highlighting those aspects that are related to the acquisition of skills related to dietetics. .

• Seminars

The seminars are compulsory and must be carried out in the group that corresponds to each student. Activities will be carried out, such as making menu proposals for different physiological states of the individual and for communities, which provide practical knowledge and develop the topics covered in the master classes.

Seminar 1. Design of total diet studies

Seminar 2. Preparation and interpretation of a dietary history

Seminar 3. Development of a dietary record. Presentation of the report.

Seminar 4. Methods of transmission of the feeding plan (I)

Seminar 5. Methods of transmission of the feeding plan (II)

Seminar 6. Feeding adapted to infants.

Seminar 7. Diets for pregnant women

Seminar 8. Diets for schoolchildren

Seminar 9. Diets in aging

Seminar 10. Diets in sport

Seminar 11. Diets in overweight and obesity

Seminar 12. Diets in dislipemias

Seminar 13. Diets in diabetes

Seminar 14. Vegetarian diet and alternative diets

Seminar 15. Adaptation of diets to different cultures and special conditions

Seminar 16. Dietary planning-nutritional education

• Laboratory practices

The laboratory-simulation practices are compulsory and will be carried out in the computer room and laboratories. Activities related to the preparation of diets and the evaluation of eating behavior will be carried out:

- Design and planning of diets.
- Computer calculation of nutritional and energy values. Assessment of food consumption.
- Use of different computer tools to calculate specific diets.
- Design and analysis of food questionnaires in communities.
- Preparation of menus. Use of culinary techniques to optimize the organoleptic and nutritional characteristics.

• Directed works

Completion of two compulsory tasks:

- individual work on assessment of food consumption

- a group work on dietary planning-nutritional education

• Tutorials

Seminar-Tutoring. It will be done in groups of 15-20 students. It will have the purpose of clarifying doubts about the realization of reports of practices and works.

Evaluation

The evaluation of learning will be continued taking into account the following aspects:

- There will be 2 theoretical part exams, with 4 practical case questions (40% of the grade) and 30 multiple choice questions (60% of the grade) in which each multiple choice question with an incorrect answer will subtract 0.07 points. This type of evaluation will correspond to 40% of the final grade for the subject. Expression, clarity and correctness in writing will also be valued. Each of the exams is approved with a grade equal to or greater than 5 out of 10, if this grade is not obtained, the recovery of the failed partial exams must be made. In the make-up exam, the maximum score that can be obtained is approved (5.0).
- An individual theoretical-practical exam will be carried out to evaluate the skills acquired on computerized calculation of diets that will correspond to 10% of the final grade.
- The evaluation of the laboratory-simulation practices correspond to 10% of the final grade. Active attendance at practice sessions and the preparation of the corresponding report will be valued.
- Attendance and participation in the seminars represents a total of 30% of the evaluation (includes individual work on the assessment of food consumption).
- The presentation and oral presentation of the work on dietary planning-nutritional education represents 10% of the evaluation.

To pass the course it is necessary to pass the theoretical and practical content separately. The practical section (laboratory-simulation practices, seminars and papers) is mandatory and if it is not carried out and the corresponding reports are not submitted, the course will NOT be passed.

OBSERVATIONS: If for health reasons, or other unforeseen circumstances, face-to-face sessions cannot be held, they will be held virtually synchronously and the evaluation system could be modified.

Bibliography

Books

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- Cervera, P. *Alimentación materno infantil*. Ed. Masson, S.A. 2000
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- Garcia, P. I Martínez, J. *Técnicas de alimentación y nutrición aplicadas*. Ed. Universidad Politécnica de Valencia. 2003.
- Gil, A. i al. *Tratado de nutrición. Tomo III*. Ed. Acción Médica. 2010.
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