

SUBJECT TEACHING GUIDE

G370 - Nutrition And Diet

Degree in Nursing
First Degree in Nursing

Academic year 2023-2024

1. IDENTIFYING DATA					
Degree	Degree in Nursing First Degree in Nursing			Type and Year	Core. Year 1 Core. Year 1
Faculty	Faculty of Nursing				
Discipline	Subject Area: Basic Training Guidelines Module: Common Basic Training				
Course unit title and code	G370 - Nutrition And Diet				
Number of ECTS credits allocated	6	Term	Semester based (2)		
Web	https://aulavirtual.unican.es/default.aspx				
Language of instruction	Spanish	English Friendly	No	Mode of delivery	Face-to-face

Department	DPTO. ENFERMERIA				
Name of lecturer	FRANCISCO JOSE AMO SETIEN				
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Other lecturers	REBECA ABAJAS BUSTILLO				

3.1 LEARNING OUTCOMES

- To get a global view about the importance of nutrition as a integral part in the treatment of specific physiologic and pathologic situations.
- To identify the nutritional requirements of the human being in relationship to their age , sex and pathologic and/or physiologic condition
- To list the resulting nutritional problems of poor eating habits and strategies to avoid them.
- To describe the nutritional value of food , the serving sizes of food groups recommended , how to cook, and their conservation.
- Distinguish methods of artificial nutritional support, functions and routes of administration.
- To design a plan for distribution of food throughout the day, seeking the healthiest combination.
- To describe the effects of food culture on nutritional intake and health.
- To describe appropriate therapeutic diets in individuals depending of their pathology and nutritional malfunctions in specific situations.
- To describe the planning diets in a hospital.
- To develop dietetic plans according to the individual nutritional necessities.
- To get a global view about the importance of nutrition as a integral part in the treatment of specific physiologic and pathologic situations

4. OBJECTIVES

To identify the nutritional requirements and appropriate types of aliments , for the different necessities, in the different life stages of the healthy or pathologic individual.

6. COURSE ORGANIZATION

CONTENTS	
1	Thematic section 1: Food History of Nutrition. Study of foods. Functional and transgenic foods.
2	Thematic section 2: Healthy diet Balanced diet and Mediterranean diet.
3	Thematic section 3: Nutrients Classification of nutrients. Nutritional needs.
4	Thematic section 4: Community nutrition Assessment of nutritional status. Community nutrition and intoxications. Food labeling.
5	Thematic section 5: Nutrition and vital cycle Nutritional requirements during pregnancy, lactation, infancy, childhood, adolescence and old age.
6	Topic section 6: Nutrient Controlled Diets Diets controlled in energy, carbohydrates, proteins, lipids, lactose, gluten and fiber.
7	Thematic section 7: Diet therapy Hospital diets. Clinical nutrition. Diet in diabetic and obese patients. Diet and physical activity.

7. ASSESSMENT METHODS AND CRITERIA				
Description	Type	Final Eval.	Reassessn	%
Final Exam – Written Exam – 60%	Written exam	Yes	Yes	60,00
Laboratory Training – Virtual activity evaluation – 25%	Activity evaluation with Virtual Media	No	No	25,00
Group and Team work – Activity -- 15%	Work	No	No	15,00
TOTAL				100,00
Observations				
<p>Active participation in the laboratory practices is compulsory: students who have not attended 20% or more of the practices, or who have not delivered or carried out in time and form more than 20% of the activities related to the practices, may not take the final exam or the laboratory practices exam.</p> <p>The activity 'Laboratory Practices' is not recoverable because it is not possible to reproduce them.</p> <p>The activity 'Group Work' is not recoverable because neither the group development nor its presentation and group defense can be reproduced.</p> <p>The final qualification of the course will be the result of the sum of the qualifications obtained in all the programmed training activities, according to the percentage that each one of them represents. It will always be necessary to obtain a minimum grade of five points out of ten in the final exam in order to be able to do the sum of all the parts.</p> <p>When a student has not carried out evaluation activities whose weight exceeds 50% of the grade of the course, it will be recorded in the minutes 'Not presented'. When the student has taken tests that are 50% or more, the corresponding grade will appear in the report card.</p> <p>If the health and academic authorities so advise, the evaluation may be carried out in the distance mode.</p>				
Observations for part-time students				
<p>Part-time students will be evaluated using the following assessment system:</p> <ul style="list-style-type: none"> - Written exam of all content of the subject (representing 80% of the final mark) - Perform 50% of scheduled group activities (representing 20% of the final mark) <p>To be qualified by this type of evaluation, the student must apply for it to the teacher in charge of the subject.</p>				

8. BIBLIOGRAPHY AND TEACHING MATERIALS

BASIC

Martínez Hernández A, Portillo Baquedano MP. Fundamentos de Nutrición y Dietética. Ed. Panamericana. 2011.

Salas-Salvadó J. Nutrición y dietética clínica. 3ª ed. Masson. 2014.

Rodota L, Castro ME. Nutrición Clínica y Dietoterapia. Ed. Médica Panamericana. 2012.

Jesús Román Martínez Álvarez JR; Villarino Marín A. Recomendaciones de alimentación para pacientes oncológicos. Avances en Alimentación, Nutrición y Dietética. 2015.

Aranceta J, Pérez-Rodrigo C, García-Fuentes M. Nutrición Comunitaria. Edit. Universidad de Cantabria. 2015.

Fundación Española de Nutrición. Varela Moreiras G. Libro Blanco de la nutrición en España. FEN. 2013.

Katthleen Mahan L, Escott-Stump S. Nutrición y Dietoterapia de Krause. 13ª edic. McGraw-Hill Interamericana. 2012.

