

SUBJECT TEACHING GUIDE

G370 - Nutrition And Diet

First Degree in Nursing

Academic year 2024-2025

1. IDENTIFYING DATA					
Degree	First Degree in Nursing			Type and Year	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)		
Knowledge Field					
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				

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. SUBJECT PROGRAM	
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 laboratory practices is mandatory: students who have not attended 20% or more of the practices, or who have not submitted or completed more than 20% of the activities related to the practices in a timely and proper manner, will not be allowed to take the final exam or the laboratory practices exam. Attendance at the practices related to Nasogastric Intubation and Nutritional Assessment is mandatory.</p> <p>The 'Laboratory Practices' activity cannot be rescheduled as it is not possible to reproduce them.</p> <p>The 'Group Work' activity cannot be rescheduled as neither the group development nor its presentation and group defense can be reproduced.</p> <p>The final grade for the course will be the result of the sum of the grades obtained in all the scheduled training activities, according to the percentage that each represents. It will always be necessary to obtain a minimum grade of five out of ten on the final exam in order to add up all the parts.</p> <p>When a student has not completed evaluation activities whose weight exceeds 50% of the course grade, the record will show 'Not presented.' When the student has completed tests that account for 50% or more, the corresponding grade will be recorded.</p> <p>If recommended by health and academic authorities, the evaluation may be conducted remotely.</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.

