



## 1. General information

Course: COMMUNITY NUTRITION AND DIETETICS

Code: 58325

Type: CORE COURSE

ECTS credits: 6

Degree: 383 - UNDERGRADUATE DEGREE PROGRAMME IN FOOD SCIENCE AND TECHNOLOGY

Academic year: 2022-23

Center: 1 - FACULTY OF SCIENCE AND CHEMICAL TECHNOLOGY

Group(s): 22

Year: 3

Duration: C2

Main language: Spanish

Second language:

Use of additional languages:

English Friendly: Y

Web site:

Bilingual: N

Lecturer: GIUSEPPE FREGAPANE QUADRI - Group(s): 22

Building/Office	Department	Phone number	Email	Office hours
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Lecturer: SERGIO GOMEZ ALONSO - Group(s): 22

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IRICA/Primera planta	Q. ANALÍTICA Y TGIA. ALIMENTOS	926052829	sergio.gomez@uclm.es	

## 2. Pre-Requisites

Previous knowledge acquired in:

Subject of Human Nutrition

Subjects from Basic Fundamentals module: Physiology and Biochemistry

Subjects from Food Science module: Structure and Properties of Food Components and Bromatology.

## 3. Justification in the curriculum, relation to other subjects and to the profession

The subject of Human Nutrition and Dietetics of the Nutrition and Health Module, integrated by the subjects of Human Nutrition and Dietetics and Community Feeding has as general objectives the acquisition of basic and specialized knowledge about nutrients in relation to Human Nutrition, as well as of individual nutrition in the different stages of life and the feeding of communities. It also includes the study of nutrition as a preventive factor of multiple pathologies and the assessment of the nutritional status of individuals and communities.

In the last years people have a marked interest in human nutrition because the influence it has on the maintenance and restoration of health, the prevention of diseases, and the attainment of optimum physical and intellectual performance have become clear. This interest requires the preparation of professionals with a proven and updated scientific training.

The basic and applied knowledge acquired through the study of the subject of Human Nutrition and Dietetics are essential in relation to the service that the Food Science professionals can contribute to the Food Industry as well as to different sectors of the Public Administration.

## 4. Degree competences achieved in this course

## Course competences

Code	Description
E05	To know the composition, phyco-chemical properties, nutritional value and sensory properties of foods
E11	To qualify to be able to evaluate the effects of processing on the components and properties of foods
E18	To acquire knowledge on food legislation and normalization. To counsel legally, scientifically and technocally the food industry and consumers.
E22	To perform formation of staff in the food sector
E24	To assure and improve the nutritional quality and the health properties of ingredients and foods
E25	To establish and calculate patterns of healthy nutrition, as well as to develop menu scheduling for communities
E26	To evaluate habits and food intake and the nutritional status at individual or community level
E27	To schedule and develop programs for nutritional education and promotion and prevention of health
G05	To understand and to use the English language, both written and spoken, applied to the area of the Food Science and Technology. (To be able to acquire this ability, a series of actions that will be specified in every module will be performed).
G06	To dominate the Technologies of the Information and the Communication (TIC) to user's level, which allows to work in virtual spaces, Internet, electronic databases, as well as with common software packages (e.g. Microsoft Office).
G07	To possess ability of organization and planning, initiative, entrepreneurship and aptitude to be employed in teamworks. To possess capacity of resolution of specific problems of the professional area and to develop the critical reasoning and decision making.
G09	To develop the motivation for quality, the capacity to adapt to new situations and the creativity.

## 5. Objectives or Learning Outcomes

## Course learning outcomes

### Description

To achieve that the student is capable of seeking and selecting information in the area of these disciplines and that he is capable of interpreting it and to present it adequately both in oral as written forms, in Spanish and English languages.

To achieve that the student is capable of evaluating the nutritional value, the functional properties and the nutritional importance of the foods. Also it is aimed that the student knows the effects of the food processing on the components of nutritional interest and that he can assure and to improve the nutritional quality and the healthy properties of ingredients and foods.

It is aimed that the student acquires the concepts and basic principles of the human nutrition, dietetics and community nutrition and to develop in the student the aptitude to propose and solve practical cases, as well as of interpreting the obtained results.

In the area of the community nutrition and public health to achieve that the student is capable of: planning and developing programs of nutritional education and of promotion and of prevention in health; to establish and to calculate food healthy guidelines, as well as to develop the planning of menus for collectivities; to evaluate the habits and the food intake and the nutritional status of individual and collectivities and to develop epidemiological studies.

## 6. Units / Contents

**Unit 1: Nutritional Objectives and Dietary Guidelines**

**Unit 2: Nutritional value of food**

**Unit 3: Nutrition and Dietetics during Pregnancy and Lactation**

**Unit 4: Nutrition and Dietetics in Infancy and Childhood**

**Unit 5: Nutrition and Dietetics in Adolescence**

**Unit 6: Nutrition and Dietetics in Adulthood and Elderly**

**Unit 7: Nutrition and Sports**

**Unit 8: Fundamentals of Community Nutrition and Public Health**

**Unit 9: Nutritional education. Nutritional labeling and consumer information**

**Unit 10: Collective restoration**

**Unit 11: Principles of Dietary Studies and Nutritional Epidemiology**

**Unit 12: Methods based on the Estimation of Food Consumption**

**Unit 13: Anthropometry and Body Composition**

**Unit 14: Biochemical methods**

**Unit 15: Resolution of cases and practical activities**

## 7. Activities, Units/Modules and Methodology

Training Activity	Methodology	Related Competences (only degrees before RD 822/2021)	ECTS	Hours	As	Com	Description
Class Attendance (theory) [ON-SITE]	Lectures		1.4	35	Y	N	
Class Attendance (practical) [ON-SITE]	Practical or hands-on activities		0.4	10	Y	Y	
Group tutoring sessions [ON-SITE]	Group tutoring sessions		0.1	2.5	Y	N	
Workshops or seminars [ON-SITE]	Workshops and Seminars		0.4	10	Y	N	
Study and Exam Preparation [OFF-SITE]	Self-study		0.8	20	Y	N	
Other off-site activity [OFF-SITE]	Combination of methods		2.8	70	Y	N	
Final test [ON-SITE]	Assessment tests		0.1	2.5	Y	N	
<b>Total:</b>			<b>6</b>	<b>150</b>			
<b>Total credits of in-class work: 2.4</b>			<b>Total class time hours: 60</b>				
<b>Total credits of out of class work: 3.6</b>			<b>Total hours of out of class work: 90</b>				

As: Assessable training activity

Com: Training activity of compulsory overcoming (It will be essential to overcome both continuous and non-continuous assessment).

## 8. Evaluation criteria and Grading System

Evaluation System	Continuous assessment	Non-continuous evaluation*	Description
Test	40.00%	40.00%	Written test to assess the student's ability to develop the various practical activities carried out in the subject, the discussion of the results obtained and the extraction of conclusions.
Test	60.00%	60.00%	Assessment of the knowledge acquired, through written examination(s), with different questions that allow evaluating the ability to reason, synthesize and relate the different parts of the syllabus.
<b>Total:</b>	<b>100.00%</b>	<b>100.00%</b>	

According to art. 4 of the UCLM Student Evaluation Regulations, it must be provided to students who cannot regularly attend face-to-face training activities the passing of the subject, having the right (art. 12.2) to be globally graded, in 2 annual calls per subject, an ordinary and an extraordinary one (evaluating 100% of the competences).

### Evaluation criteria for the final exam:

#### Continuous assessment:

Defined in Campus virtual.

#### Non-continuous evaluation:

Defined in Campus virtual.

### Specifications for the resit/retake exam:

None

Specifications for the second resit / retake exam:

None

#### 9. Assignments, course calendar and important dates

Not related to the syllabus/contents

Hours hours

#### 10. Bibliography and Sources

Author(s)	Title/Link	Publishing house	Citv	ISBN	Year	Description
Mahan & Raymond	Krause. Dietoterapia 14 ed. <a href="https://tienda.elsevier.es/krause-dietoterapia-9788491130840.html?gclid=EAlaIqObChMlp-KNhI_K6gIVSrTVCh3-agYjEAYASABEgI_VfD_BwE&amp;gclidsrc=aw.ds#panel1">https://tienda.elsevier.es/krause-dietoterapia-9788491130840.html?gclid=EAlaIqObChMlp-KNhI_K6gIVSrTVCh3-agYjEAYASABEgI_VfD_BwE&amp;gclidsrc=aw.ds#panel1</a>	ELSEVIER		978-8-49-113084-0	2017	
Margetts, Barrie M.	Design concepts in nutritional epidemiology	University Press		0-19-262739-2	2003	
Aranceta Bartrina, Javier	Nutrición comunitaria	Masson		84-458-1042-1	2001	
	Conocimientos actuales sobre nutrición	Organización Panamericana de Salud		1-57881-107-4	2003	
	<a href="http://api.ning.com/files/-TI4uM2ffQgvZR0HO9lBmqr5Vq6mB4cDz8q0SPq4f-z05zno24N88EkplbEzYAdQ*fzuxDNGxu-yz8FsbXDshPal-qlyZJVA/NUTRICIONTRATADOOMS2003.pdf">http://api.ning.com/files/-TI4uM2ffQgvZR0HO9lBmqr5Vq6mB4cDz8q0SPq4f-z05zno24N88EkplbEzYAdQ*fzuxDNGxu-yz8FsbXDshPal-qlyZJVA/NUTRICIONTRATADOOMS2003.pdf</a>					