



# UNIVERSIDAD DE CASTILLA - LA MANCHA

## GUÍA DOCENTE

### 1. General information

**Course:** NUTRITION AND HEALTH

**Type:** ELECTIVE

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

**Center:** 1 - FACULTY OF SCIENCE AND CHEMICAL TECHNOLOGY

**Year:** 4

**Main language:** Spanish

**Use of additional languages:**

**Web site:**

**Code:** 58336

**ECTS credits:** 6

**Academic year:** 2023-24

**Group(s):** 22

**Duration:** C2

**Second language:**

**English Friendly:** Y

**Bilingual:** N

Lecturer: <b>SERGIO GOMEZ ALONSO</b> - Group(s): 22				
Building/Office	Department	Phone number	Email	Office hours
IRICA/Primera planta	Q. ANALÍTICA Y TGIA. ALIMENTOS	926052829	sergio.gomez@uclm.es	Send an e-mail to arrange a day and time for the tutorial.
Lecturer: <b>MANUELA VANESSA MANCEBO CAMPOS</b> - Group(s): 22				
Building/Office	Department	Phone number	Email	Office hours
MARIE CURIE/PLANTA PILOTO	Q. ANALÍTICA Y TGIA. ALIMENTOS	+34 926 29 52 59	MVanesa.Mancebo@uclm.es	Send an e-mail to arrange a day and time for the tutorial.

### 2. Pre-Requisites

The knowledge acquired previously in the compulsory subjects of 'Human Nutrition' and 'Dietary and Community Nutrition' is required.

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

The knowledge and competences acquired in the topic of 'Human Nutrition and Dietetics', integrated by the subjects of 'Human Nutrition' and 'Dietary and Community Nutrition', are completed and expanded with the subject of Food and Health.

It is intended that the student acquires the basic principles of the complex relationship between Food and Health and develops the ability to pose and solve practical cases, as well as being able to assess the bioactivity and beneficial properties for the health of food and its components.

In the field of clinical dietetics we want to get the student to know the main disorders and diseases related to food and their nutritional treatment and be able to plan and develop programs of food-nutritional education and promotion and prevention in health.

### 4. Degree competences achieved in this course

#### Course competences

Code	Description
CB03	Be able to gather and process relevant information (usually within their subject area) to give opinions, including reflections on relevant social, scientific or ethical issues.
CB04	Transmit information, ideas, problems and solutions for both specialist and non-specialist audiences.
CB05	Have developed the necessary learning abilities to carry on studying autonomously
E05	To know the composition, phyco-chemical properties, nutritional value and sensory properties of foods
E18	To acquire knowledge on food legislation and normalization. To counsel legally, scientifically and technocally the food industry and consumers.
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
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

It is aimed that the student acquires the basic principles of the complex relation between nutrition and Health and to develop in the student the aptitude to propose and solve practical cases.

In the area of the clinical dietetics to achieve that the student knows the main disorders and diseases related to the nutrition and their nutritional treatment and that he is capable of planning and developing programs of nutritional education and of promotion and of prevention in health.

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.

## 6. Units / Contents

**Unit 1: Promotion and prevention in health.**

**Unit 2: Enriched and functional foods**

**Unit 3: Pre and probiotic foods.**

**Unit 4: Eating disorders (obesity, anorexia and bulimia).**

**Unit 5: Energy and protein malnutrition.**

**Unit 6: Allergies and Food Intolerances.**

**Unit 7: Metabolic Disorders. Nutrition and Genetics.**

**Unit 8: Fundamentals of clinical dietetics.**

**Unit 9: Resolution of practical cases**

## 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		1.28	32	Y	N	
Problem solving and/or case studies [ON-SITE]	project-based learning		0.4	10	Y	N	Essential questions will be resolved for the correct application of theoretical concepts, in groups and with real cases.
Group tutoring sessions [ON-SITE]	Group tutoring sessions		0.2	5	Y	N	We will share doubts about the contents and they will be resolved with the help of the teacher and classmates.
Project or Topic Presentations [ON-SITE]	Workshops and Seminars		0.24	6	Y	Y	The work done will be presented in class to teachers and classmates.
In-class Debates and forums [ON-SITE]	Debates		0.16	4	Y	N	
Progress test [ON-SITE]	Assessment tests		0.12	3	Y	N	Exam with multiple choice questions, short answers and to develop and resolution of cases.
Other off-site activity [OFF-SITE]	Combination of methods		2.8	70	Y	N	Group work, individual case resolution, comments on information provided, information search, analysis and synthesis, etc. will be carried out.
Study and Exam Preparation [OFF-SITE]	Self-study		0.8	20	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	60.00%	60.00%	Level of knowledge acquired through the answers to written exams, which will include different issues that allow assessing the ability to reason, synthesize and relate the different parts of the program.
Portfolio assessment	40.00%	40.00%	Individual portfolio of the student, formed by the activities carried out (cases and practical activities, individual or group work, etc.).
<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:

The information related to the "Progress Tests" and "Portfolio" will be available in the moodle computer application with the aim that all students (both students who attend class regularly and those who do not qualify for continuous evaluation) can be evaluated in each of the items. In any case, ordinary and extraordinary official calls will be respected.

#### 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
Tiina Mattila-Sandholm and Maria Saarela	Functional dairy products	Woodhead Publishing Limited		1 85573 584 9	2003	
	Genética, nutrición y enfermedad	EDIMSA		978-84-00-08662-6	2008	
	Nutrición y dietética clínica	Masson		978-84-458-1843-5	2008	
Jim Smith and Edward Charter	Functional Food Product Development	Wiley-Blackwell		978-14-0517-8761	2010	
Julia Buckroyd	Anorexia y bulimia	Martínez Roca		84-2702236-0	1997	
Mahan & Raymond	Krause. Dietoterapia 14 Ed.	ELSEVIER		978-8-49-113084-0	2017	
	<a href="https://tienda.elsevier.es/krause-dietoterapia-9788491130840.html?gclid=EAlaIqobChMlp-KNhI_K6gIVSrTVCh3-agYjEAQYASABEgLVfD_BwE&amp;gclsrc=aw.ds#panel1">https://tienda.elsevier.es/krause-dietoterapia-9788491130840.html?gclid=EAlaIqobChMlp-KNhI_K6gIVSrTVCh3-agYjEAQYASABEgLVfD_BwE&amp;gclsrc=aw.ds#panel1</a>					
Susan Albers	Mindfulness y alimentación	ONIRO		978-84-9754-467-2	2010	