SZKOŁA GŁÓWNA GOSPODARSTWA WIEJSKIEGO

Basics of dietetics

Educational subject description sheet

Basic information

Field of study Food Science - Technology and Nutrition **Speciality** - **Organizational unit** Faculty of Food Technology **Study level** first cycle (bachelor's degree) **Study form** full-time studies **Education profile** General academic	**Didactic cycle** 2023/24 **Subject code** NoZTNS_D.110.02459.23 **Lecture languages** english **Mandatory** Obligatory subjects **Block** Major subjects **Disciplines** Food technology and nutrition

Coordinator	Danuta Gajewska
Teacher	Danuta Gajewska

Period	**Examination**	**Number of ECTS points**
Semester 5	Pass with grade **Activities and hours** Lecture: 15 Laboratory exercises: 30	3

Goals

Code	Goal
C1	The aim of the course is to provide knowledge on the principles of dietary intervention in selected diseases, including assessment of nutritional needs of patients, principles of planning an adequate diet and monitoring the effectiveness of diet therapy.

Subject's learning outcomes

Code	Outcomes in terms of	Effects	Examination methods
Knowledge – Student knows and understands:			
W1	the role of different dietary patterns/diet and their impact on human functioning and health	TN_K1_W02	Written credit
W2	the methods of dietary intervention and the use of therapeutic diets in the management of selected diseases	TN_K1_W10	Written credit
Skills – Student can:			
U1	plan menu and assess the nutritional value of therapeutic diets	TN_K1_U02	Test (written or computer based), Assessment of work in the laboratory
U2	plan an adequate diet for patients suffering from different diseases	TN_K1_U06	Test (written or computer based), Assessment of work in the laboratory
Social competences – Student is ready to:			
K1	provide nutritional counseling in an ethical manner and with respect for needs and desires of patients form different groups	TN_K1_K02	Test (written or computer based), Assessment of work in the laboratory
K2	use library and/or web-based data for research, analysis and educational purposes	TN_K1_K04	Test (written or computer based), Assessment of work in the laboratory

Study content

No.	Course content	Subject's learning outcomes	Activities
1.	Energy requirements and factors affecting energy expenditures; therapeutic diet classification; basic concepts of diet therapy; Nutrition Care Process: overview of nutrition diagnosis and intervention; modifications of the normal diet (regular, soft diet, liquid diets); mode of feeding (enteral, parental); nutrition for weight management (obesity, underweight); nutrition in gastro intestinal disorders, liver diseases, cardiovascular disorders, cancer, kidney diseases, anaemia, diabetes, eating disorders and food hypersensitivity.	W1, W2	Lecture
2.	Determining the energy requirements of individuals suffering from various illnesses. Principles of diet modification and ration construction. Practical implementation of dietary recommendations in diseases discussed during the lectures, including healthy food choices and nutrient delivery, dietary guidelines and macro- and micronutrients requirements, the choice of appropriate cooking techniques and modifications of consistency.	U1, U2, K1, K2	Laboratory exercises

Course advanced

Activities	Methods of conducting classes
Lecture	Lecture, Discussion
Laboratory exercises	Discussion, Brainstorm, Problem solving, Teamwork, Individual work

Activities	Examination method	Percentage
Lecture	Written credit	45%
Laboratory exercises	Test (written or computer based)	25%
Laboratory exercises	Assessment of work in the laboratory	30%

Activities	Credit conditions
Lecture	A condition for passing the lecture part of the course is to obtain at least 51% of the total points. A condition for taking the exam is to pass the practical part of the course.
Laboratory exercises	A condition for passing the laboratory classes is to obtain at least 51% of the total number of points from the assessed activities, which include: (1) a colloquium and (2) solving tasks (individually or in groups)

Literature

Obligatory

1. J. Gandy. Manual of Dietetic Practice. BDA, Wiley Blackwell, John Wiley And Sons Ltd. 2019
2. J. Webster-Gandy, A. Madden, M. Holdsworth Oxford handbook in nutrition and dietetics. Oxford University Press 2020
3. M. Nelms,, K.P. Sucher, K. Lacey and S.L. Roth. Nutrition Therapy & Pathophysiology. 3rd edition. Wadsworth, Belmont, California. 2015

Optional

1. Rolfes, S.R., K. Pinna, and E. Whitney. Understanding Normal and Clinical Nutrition. 9th edition. Wadsworth Publishing, Thompson Learning, Belmont, CA. 2012.
2. The Academy of Nutrition and Dietetics: www.eatright.org
3. R. Larson Duyff R.Complete Food and Nutrition Guide. Academy of Nutrition and Dietetics, Houghton Mifflin, 2017
4. J L Raymond, K. Morrow. Food & the Nutrition Care Process. 16th Edition, Elsevier - Health Sciences Division, 2022
5. Relevant scientific publications, including those of the module coordinator.

Calculation of ECTS points

Activity form	Activity hours*
Lecture	15
Laboratory exercises	30
Preparation for the exam	10
Preparation for the test	10
Conducting literature research	15

Self-study on the content covered in class	10
Student workload	**Hours** 90
Number of ECTS points	**ECTS** 3

* hour means 45 minutes

Effects

Code	Content
TN_K1_K02	The graduate is ready to complete professional duties in a socially responsible manner, enterprising, ethical, compatible with the public interest and also with the respect for professional tradition, and for the right to intellectual property protection
TN_K1_K04	The graduate is ready to responsible performing of professional roles, in it: compliance with the professional ethics and exploring knowledge related to the profession
TN_K1_U02	The graduate can assess the composition, energy and nutritional value of food products, determine their impact on the growth, development, functioning and health of the body, assess the diet, and nutritional status, and use the obtained results to rationalize the nutrition of individuals and different population groups
TN_K1_U06	The graduate can obtain, analyze and synthesize the obtained information and draw conclusions taking into account various conditions related to the aspects of human nutrition, food production, including regional production, food evaluation, consumer protection, intellectual property protection, legal, technological, economic, social, and sociological, cultural, ecological and ethical aspects of food production and consumption as well as quality and safety assurance in the food chain and human nutrition
TN_K1_W02	The graduate knows and understands processes and phenomena occurring in the human being body in the nutrition process and the influence of food ingredients on the human being body and functions, importance and influence of food ingredients and energy value on the development and functioning of the human being body and their importance in ensuring public health
TN_K1_W10	The graduate knows and understands rules for assessing the diet, nutritional quality and health of individuals and population as well as cultural and social aspects of food production, distribution and consumption, food quality design, including intangible aspects of food, and its socio-cultural functions