

ENF205 NUTRITION

Credits: 4 Quarter; 3 Semester
In-class Hours: 46
Level: 2

OVERVIEW

Nutrition is the science that studies food, balanced food intake, and its relationship to health and disease prevention. This course focuses on the study of nutrients (including carbohydrates, proteins, fats, and essential micronutrients), digestion and absorption. Many non-communicable diseases such as obesity, dyslipidemia, malnutrition, diabetes, are the result of malnutrition, which can often be corrected by modifying lifestyles and diet.

OBJECTIVES

After completing this course students will be able to identify the importance of each nutrient in health status, as well as identify the dietary needs in different physiological and pathological states of the individual.

CONTENTS

UNIT KNOWLEDGE	SKILLS	VALUES
UNIT I :BASIC PRINCIPLES OF NUTRITION AND FOOD LEARNING CYCLE -History of Nutrition -Concepts: eating, food, nutrition, nourishment -Food pyramid -WHO Health Concept -Education Concept -Concept of health education -Aspects that determine nutritional status -Primary, secondary, tertiary concerns -Nutrition in Primary Care -Hygiene and food preservation -Food Education	Know and learn the basic principles of basic nutrition.	Social commitment and responsibility
UNIT II: REQUIREMENTS AND ENERGY NUTRIENTS AND NON ENERGY		

NUTRIENTS LEARNING CYCLE -What is calorie -Determine: Body Mass Index (BMI) -Height Waist Index (ICA) -Waist Hip Index (CCI) -Caloric energy value -Total energy expenditure -PROTEIN -CARBOHYDRATES -LIPID -FIBER -WATER -VITAMINS -MINERALS -Nutrition and Physical Activity -FOOD GROUP -Importance of fruit -Animal and vegetable -Types of diets ... Mediterranean diet	Knowing the benefits of a balanced diet containing all the nutrients needed to prevent eating disorders due to a lack of or too much intake.	Social commitment and responsibility
UNIT III: KEY ISSUES AND NUTRITIONAL DEFICIENCIES LEARNING CYCLE -Malnutrition -Overweight -Obesity -Diabetes -Hypertension -Gastritis -Hyperlipidemia -Dietary techniques (diet depending on calorie needs)	By knowing the nutritional benefits of a proper diet, identify risks involving an unbalanced diet and diseases caused by disproportionate or limited intake of food or abusive use of any of them, deficiency diseases and chronic non-communicable diseases.	Social commitment and responsibility
TASKS AND INVESTIGATION: UNIT I		
Study of eating, food, nutrition, nourishment and the importance of how the food pyramid and the WHO recommendations and other aspects that determine nutritional status. Identify the value of nutrition in primary care and hygiene and food preservation with proper food education.		
TASKS AND INVESTIGATION: UNIT II		
By studying calories one can determine the caloric value and units of energy to know the total energy expenditure and determine the nutritional value of foods rich in PROTEINS, CARBOHYDRATES, LIPIDS, FIBER, WATER, VITAMINS and MINERALS, and the importance of each of them for our physical and intellectual performance to keep us healthy.		
TASKS AND INVESTIGATION: UNIT III		
Research to recognize the disease caused by an unbalanced diet, malnutrition, obesity, overweight, diabetes, hyperlipidemia, hypertension, and gastritis. Investigate the design of the		

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