

Course Syllabus

- 1. Program of Study** Bachelor of Science (Biological Sciences)
Faculty/Institute/Colleg Mahidol University International College
- 2. Course Code** ICBI 307
Course Title Nutrition and Dietetics
- 3. Number of Credits** 4(4-0-8) (Lecture/Lab/Self-study)
- 4. Prerequisite (s)** none
- 5. Type of Course** Elective for 3rd and 4th year Biological Science students
- 6. Trimester/ Academic Year**
 2nd trimester/ every academic year
- 7. Course Condition**
 Number of student is 20-30.

8 Course Description

Importance of food and nutrients for good health; significance of physiological, biochemical and sociological factors of nutritional requirements; practical application of food and nutrition to diet planning and implementation suited to vulnerable groups and individual therapeutic needs.

9. Course Objective (s)

1. Students can explain the roles of nutrients in human body and also know how to choose foods rich in some specific nutrients in order to prevent nutrient deficiencies.
2. The students understand and can explain nutrient requirements and nutrient recommendations for pregnancy and lactation, infants, children, adolescents, adults and elderly people throughout the life cycle.
3. The students can explain nutritional problems in Thailand and are able to identify important clinical manifestations and assess nutritional status in patients with various non-communicable diseases and understand how to plan nutritional care for the patients.

10. Course Outline

week	Topics/Seminar	Hours			Instructor
		Lecture	Lab	Self-study	
1	Introduction, Energy and Protein Carbohydrate and Fat	4	0	8	Ratchanee
2	Water Soluble Vitamins Fat Soluble Vitamins	4	0	8	Ratchanee
3	Minerals RDA/Dietary Guidelines	4	0	8	Ratchanee Vongsvat
4	Nutrition in Pregnancy and Lactation Nutrition in the Growing Years	4	0	8	Wantanee Wantanee

5	Nutrition in Adults and Elderly Nutrition Problem in Thailand	4	0	8	Wantanee Vongsvat
6	First examination (50%)	4	0		Rin
7	Nutritional Assessment Principle of Diet Therapy	4	0	8	Rin Rin
8	Diet in Body Weight Control Diet in Diabetes Mellitus	4	0	8	Wantanee Vongsvat
9	Diet in Hypertension Diet in Cardiovascular Disease	4	0	8	Vongsvat Vongsvat
10	Diet in Cancer Diet in Osteoporosis	4	0	8	Vongsvat Vongsvat
11	Diet in Renal Disease Food Service Management in the Hospital	4	0	8	Rin Rin
Final examination (50%)					
	Total	44	0	88	

11. Teaching Method (s)

1. Lecture
2. Suggested readings
3. Discussion in class

12. Teaching Media

1. Powerpoint Presentations
2. Texts and teaching materials

13. Measurement and Evaluation of Student Achievement

Student achievement is measured and evaluated by

- 13.1 The ability to explain the roles of nutrients in human body and also know how to choose foods rich in some specific nutrients in order to prevent nutrient deficiencies.
- 13.2 The ability to explain nutrient requirements and nutrient recommendations for pregnancy and lactation, infants, children, adolescents, adults and elderly people throughout the life cycle.
- 13.3 The ability to explain nutritional problems in Thailand and are able to identify important clinical manifestations and assess nutritional status in patients with various non-communicable diseases and understand how to plan nutritional care for the patients.

Student's achievement will be graded according to the college and university standard using the symbols: A, B+, B, C+, C, D+, D and F. Students must attend at least 80% of the total class hours of this course.

Ration of mark	
Midterm exam	50%
Final exam	50%

14. Course evaluation

- 14.1 Students' achievement as indicated in number 13 above.
- 14.2 Students' satisfaction towards teaching and learning of the course using questionnaires.

15. Reference (s)

1. Mahan, LK and Escott-Stump, S. Krause's food, nutrition & diet therapy. 11th Edition. USA. Elsevier. 2004.
2. Wardlaw GM. Contemporary nutrition: issues and insights. 4th Edition. USA. Mc Graw Hill, 2000.
3. Zeman, F.J. and Ney, D.M. Applications in medical nutrition therapy. 2nd Edition. USA. Prentice Hall, Inc. 1996.

16. Instructor (s)

Assistant Professor Dr. Vongsvat Kosulwat
Assistant Professor Dr. Ratchanee Kongkachuichai
Dr. Wantanee Kreingsinyos
Ms. Rin Charoensiri

17. Course Coordinator

Associate Professor Dr. Prapaisri P. Sirichakwal
Ms. Rin Charoensiri