

Teaching guide

IDENTIFICATION DETAILS

Degree:	Gastronomy
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Field of Knowledge:	Science
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Faculty/School:	Law, Business and Governance
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Course:	HEALTHY CUISINE AND INTELLIGENT NUTRITION
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Type:	Compulsory
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ECTS credits:	6
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Year:	4
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Code:	1469
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Teaching period:	Seventh semester
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Area:	Bromatology and health
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Module:	Discipline
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Teaching type:	Classroom-based
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Language:	English
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Total number of student study hours:	150
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Teaching staff	E-mail
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SUBJECT DESCRIPTION

Intelligent Nutrition involves translating nutritional science and information about food into practical dietary advice. This may be aimed at the general public to promote health, or in a clinical environment to treat a wide range of medical disorders and patient groups.

GOAL

Consolidate students theoretical and practical knowledge in the dietary management of key clinical specialties and patient groups

The specific aims of the subject are:

Identify the essential nutrients, their functions and good food sources

Understand the range and application of conventional and novel strategies available for nutritional support and be able to apply the appropriate strategy in their care plan.

Describe the role of essential nutrients in health promotion and disease prevention.

Interpret basic statistics used in nutrition and medical research.

Demonstrate ability to critically evaluate information

Use current information technologies to locate and apply evidence based guidelines

PRIOR KNOWLEDGE

Previous knowledge in nutrition and physico-chemistry is required

COURSE SYLLABUS

- 1.Introduction. Nutrition and Metabolism: Nutrient requirements and bioavailability.
- 2.Physiological changes and dietary needs during pregnancy and lactation.
- 3.Physiological changes and dietary needs during childhood.
- 4.Physiological changes and dietary needs during adolescence.
- 5.Physiological changes and dietary needs in adulthood.
- 6.Physiological changes and dietary needs during old age.
- 7.Nutritional approaches to the treatment of obesity.
- 8.Nutritional prevention of cardiovascular diseases.
- 9.The nutritional approaches to patients with Diabetes Mellitus.
- 10.Assessment of malnutrition and nutritional therapy approaches in cancer patients.
- 11.Nutrition and gut health.
- 12.Nutritional management of bone diseases.
- 13.Nutrition and mental diseases.

EDUCATION ACTIVITIES

- Active and participatory masterclass: Unlike the classic lectures, in participatory lectures the students become active, promoting their participation. It requires a good structuring of content, clarity to keep the attention of the students and innovation to improve their interest in the subject.
- Student's autonomous workload. The student has to take the initiative with or without help (professors, tutors, or other students). Students have to diagnose their learning needs, formulate learning goals, identifies the resources they need to learn, choose and implement appropriate learning strategies and evaluate results. The professor

becomes the guide and a source of information that assists in their work and is going to provide the needed content (videos, articles, websites...) to the student that let him develop an adequate level of knowledge (Flipped classroom)

- Cooperative work in small groups: Instructional strategy in which students are divided into small groups and they are evaluated as group productivity, which brings into individual responsibility as positive interdependence, based on professional teamwork. Project-based learning will be applied.

- Tutorials: Including interviews, group discussions, self-reports and monitoring tutorial reports.

- Research: Search for information in scientific sources and documents, analysis and synthesis of data and development of firm conclusions.

The learning activities, as well as the distribution of working times, can be modified and adapted depending on the different scenarios established following the indications of the health authorities.

DISTRIBUTION OF WORK TIME

CLASSROOM-BASED ACTIVITY	INDEPENDENT STUDY/OUT-OF-CLASSROOM ACTIVITY
60 hours	90 hours

SKILLS

Basic Skills

Students must have demonstrated knowledge and understanding in an area of study that is founded on general secondary education. Moreover, the area of study is typically at a level that includes certain aspects implying knowledge at the forefront of its field of study, albeit supported by advanced textbooks

Students must be able to apply their knowledge to their work or vocation in a professional manner and possess skills that can typically be demonstrated by coming up with and sustaining arguments and solving problems within their field of study

Students must have the ability to gather and interpret relevant data (usually within their field of study) in order to make judgments that include reflections on pertinent social, scientific or ethical issues

Students must be able to convey information, ideas, problems and solutions to both an expert and non-expert audience

Students must have developed the learning skills needed to undertake further study with a high degree of independence

General Skills

To develop the skill of responsible, critical, reflective, analytical and synthetic thought.

To develop habits of oral and written communication in order to convey one's attitudes and feelings.

To develop the professional skills involved in risk forecasting, decision making and problem solving.

To assume and be familiar with the principles of performing management duties at department, project and

company level in the hotel and catering sectors.

To be able to apply the theory and knowledge acquired to real situations and practical actions.

To adopt an attitude of intellectual eagerness, scientific interest and the search for knowledge and truth in all professional and personal undertakings.

Specific skills

To have knowledge of the different proximate nutrients and other components present in food, their impact on its quality and sensorial attributes and their impact on the health of the individual, within an eating pattern.

To handle resources for the search of specialist information that allow for preventive measures, dietetic guidelines and nutritional recommendations to be applied.

To know and apply detailed food assimilation and healthy nutrition processes to the culinary arts.

LEARNING RESULTS

Understand the range and application of conventional and novel strategies available for nutritional support. Is able to apply the appropriate strategy in each nutritional specific plan when working with practical cases.

Describe the role of essential nutrients in health promotion and disease prevention. The student takes into account the Recommended Dietary Intakes in the preparation of diets for specific populations in the seminars about dietary planning.

Demonstrate the ability to critically evaluate information. The student shows a critical attitude in the discussion proposed in class, with scientific and well-founded argumentation

Use current information technologies to locate and apply evidence-based guidelines and demonstrates this ability it with a well-elaborated bibliography in their works.

LEARNING APPRAISAL SYSTEM

The exams will take place face to face if Health Authorities allow it.

- STUDENTS OF FIRST ENROLLMENT:

ORDINARY CALL

The weight of ordinary evaluation will be as follows:

1. FINAL EXAM:

-Written exam, test or short answers 55%

2. CONTINUOUS EVALUATION:

2.a. Daily assessment 20%

2.b. Attendance and class participation 15% (Attendance is mandatory and is not going to give points on its own)

2.c. Group Work 10%

To succeed and pass the written exam the student will need to get at least a 5 to 10 in the final exam and in the continuous evaluation.

EXTRAORDINARY CALL

In order to pass the subject it is needed to get more than a 5 to 10 in the final exam. The weight and grade of the continuous activities will be maintained.

The evaluation system has been designed so that the student works in a regular and constant way during the duration of the entire subject. This will imply that, to pass the subject in an extraordinary call, regularity at work will be taken into account, and the exam and other activities of this call will have the level of demand that allows confirming that the minimums comparable to those achieved by the student who has worked throughout the semester"

-SECOND ENROLLMENT OR ACADEMIC DISPENSATION:

A) Academic exemption or dispensation: The students that, for a justified reason (health problems or any other important matter) and always with the agreement and the approval of the academic director, cannot attend the programmed scheduled lessons, will be evaluated just with the written theory exam and the group work. In this case, the written exam will count 70% and the group work 30%.

B) Students of second or subsequent enrollments: The students of second or subsequent enrollments will have the two options mentioned before, it is mandatory to communicate the professor at the beginning of the semester. The student will not be able to pass the subject with just one assessment

-ALTERNATIVE SYSTEM IN CASE OF 100% REMOTE LEARNING

All the items and weights will be maintained as explained before.

Plagiarism, as well as the use of illegitimate means in the assessment tests, will be sanctioned in accordance with those established in the University's Assessment Regulations and Coexistence Regulations.

BIBLIOGRAPHY AND OTHER RESOURCES

Basic

American Dietetic Association complete food and nutrition guide. Roberta Larson Duyff. New York : John Wiley & Sons, c2002.

Clinical nutrition. Elia, Marinos. Wiley-Blackwell; The Nutrition Society 2013.

Principles of human nutrition. Eastwood, M.A. Blackwell Science. 2003.