



ASU
APPLIED SCIENCE PRIVATE UNIVERSITY



Amman- Jordan

عمان - الأردن



كلية الصيدلة
Faculty Of Pharmacy



The Bachelor Degree in Pharmacy
of Applied Science Private
University is Certified by the
Accreditation Council for Pharmacy
Education



المستوى الذهبي

جامعة كل العرب

Faculty: Pharmacy

Department: Clinical Nutrition and Dietetics

Academic Year: 2020/2021

Semester: Second semester

Subject Name	Credit Hours	Course No.	Prerequisite	Concurrent course
Meal Planning and Dietetics	1	908213	906210	908212

Lecturer/s	Room No.	E-mail	Course website	Office Hours
Dr. Sofyan Maghaydah	4210	S_maghaydah@asu.edu.jo	http://bio.asu.edu.jo/bio/index.jsp	As schedule

Course Description:

Undersanding through case studies and assignments the Psychological, sociological, and historical aspects of food patterns. The proper approaches to plan and prepare a healthy meal for the family. Nutritional education programs. Dietary guidance to promote health and reduce disease risk in culturally diverse adult populations based on current scientific evidence and utilizing current technologies for diet assessment that occurs among some nutrients.

Upon successful completion of this course the students should be able to:

1. Identify and select evidence-based tools and methods for assessing, planning, and evaluating diets for individuals without special dietary needs.
2. Demonstrate the ability to apply knowledge of the role of environment, food, and lifestyle choices to develop interventions to affect change and enhance wellness in diverse individuals and groups
3. Utilize computer programs to analyze nutrient content of diets
4. Describe weight management issue including components of nutrition, exercise, and behavior modification
5. list and specifically describe dietary guidance (Us dietary Guideline, AHA guideline, Cancer reduction guidance, my plate guidelines, Food composition lists, Food Labels) available to consumer

Intended Learning Outcomes:

Following the successful completion of this course, the student should be able to:

A. Knowledge and understanding:

- A1. Safety and general regulations of lab session
- A2. Meal panning for varoius cases
- A3. Principles and ideas of practical experiments

B. Subject specific skills:

- B1. Nutrition label understanding and calculations
- B2. Human Energy calculations
- B3. Exchange list meal planning
- B4. Mypyramide planning

C. Cognitive and Intellectual skills:

Amman – Jordan 5232899 _

Fax: _ Tel :5609999

Form code: UF 130/1

24/233 Resolution number

Accreditation date: 31/01/2018



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- C1. Calculating Human energy needs and expindeture
- C2. Meal planning through exchange list
- C3. Calculating amount og grams of carbohydrates, protein, fats and carloies
- C4. Knowing the food groups
- C4. Meal planning for vegetarians

Teaching and Learning Methods:

Development of ILOs is promoted through the following teaching and learning methods:

ILOs	Learning Methods	Evaluation Methods
Eg. A, B, C	Simple introduction of experimental principle	Exams and Quizzes
Eg. D	Following and controlling manual hand skill during the lab session	Evaluation remarks.

Course Contents :

Week	Date	Lecture number / hours	Topic's Details	Exams/ /quizzes	Main Reference (chapter)	ILOs achieved
1	18/10/2020		-----			
2	25/10/2020	3	Nutrition fact label			A,B,C
3	1/11/2020	3	Nutrition facts label			A,B,C
4	8/11/2020	3	Calculations of Daily avlues			A,B,C
5	15/11/2020	3	Calculating Human Energy Expindetre ,BMR			A,B,C
6	22/11/2020	3	Calculating Human Energy requiriments, BMI, IBW,%IBW			A,B,C
7	29/11/2020	3	Exchange list			A,B,C
8	6/12/2020	3	Exchange list			A,B,C
9	13/12/2020	3	Mypyramide and Esiha			A,B,C
10	20/12/2020	3	Mypyramid and Esiha			A,B,C
11	27/12/2020	3	Vegetarian planning			A,B,C
12	3/1/2021	3	Fad Diets			A,B,C
			Final Exam			

Grade Distribution:

Your course grade will be determined by the following:

Assessment Method	% of Final Grade	Due Date
Quizzes (written)	30	To be announced
Lab reports and evaluation	20	Every lab
Final exam	50	To be announced

* Provisional dates are scheduled in the course schedule. Each instructor will announce the exact date for the quizzes of each section at the beginning of the semester.

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Distribution of examination material (may vary depending on material included):

23. Course Policies:

A- Attendance policies:

Attendance: Mandatory.

First warning – with 1 absences

Last warning – with 2 absences

Failing in the subject – with 3 absences

B- Absences from exams and handing in assignments on time:

Will result in zero achievement unless health report or other significant excuse is documented.

C- Health and safety procedures: NA

D- Honesty policy regarding cheating, plagiarism, misbehavior:

The participation, the commitment of cheating will lead to applying all following penalties together

1. Failing the subject he/she cheated at

2. Failing the other subjects taken in the same course

3. Not allowed to register for the next semester. The summer semester is not considered as a semester

E- Grading policy:

Exams and Quizzes.

Quizzes: 30 points

Lab reports and evaluation: 20 points

Final Exam: 50 points

Total: 100 points

F- Available university services that support achievement in the course:

Classrooms, internet classes, ASU online web site (messages, assignment, and notes)

24. Required equipment:

Data show and internet connection and apparatuses, lab devices

Make-up Exam Policy:

Make-up exams will be offered for valid reasons. They may be different from regular exams, both in content and format.

References:

A- Required book (s), assigned reading and audio-visuals:

Manual of Practical of Meal Planning prepared by Dr. Sofyan Maghaydah

B- Recommended books, materials, and media:

Additional information:

No side talks during lecture

No mobile phones during lecture



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Entering the lab room after the instructor is not permitted.

Homework should be done by students independently and will be asked at the exams

Course Material and Announcements

Students need to use the e-learning page at the ASU website in order to get all lecture handouts and guidelines which will be uploaded there.

In addition, course related announcements and exam results will be posted on the ASU online AND/OR course website and is the responsibility of each student to check the sites regularly.

Name of Course Coordinator: **Dr. Maysoun Qutob**

Signature:

Date: 15/10/2020

Head of curriculum committee: **Dr. Reem Abutayeh** Signature:

د. ريم ابوتايه

Head of Department: Sofyan Maghaydah

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الكلية الصيدلانية - جامعة كل العرب

Dean:

Signature:

Copy to:
Head of Department
Head of curriculum committee
Head of committee for Quality Assurance
Course File