

جامعة كل العرب

Faculty : Pharmacy
Department : Clinical Nutrition and Dietics
Academic Year : 2020-2021
Semester : Second

(Course Syllabus)

Subject Name	Credit Hours	Course No.	Prerequisite	Concurrent course
Meal Planning and Dietetics	3	908312	908316	-----

Coordinator Name	Lecturer/s	Room No.	E-mail	Course website	Office Hours
Dr. Sofyan Maghaydah	Dr. Sofyan Maghaydah		S_maghaydah@asu.edu.jo	http://bio.asu.edu.jo/bio/index.jsp	As shown on lecturer time table

Course description:

The course discusses the principles of designing balanced meals that provide the body with all the nutrients taking into account the foods available in the market, health status, local regulations, the age of the recipient, and physical activity. Also, using computer programs to design special meals and meals for institutions that provide meals in large quantities.

Course Objectives

the end of fundamentals of nutrition course, the students will be able to:

1. Evaluate diet components, quality, nutrient density and use of Food guide to assess healthy meals.
2. Create multi-media approaches to nutrition counseling showcasing your ability to assess and diagnose a client's nutrition-related problem; develop an initial intervention and monitoring plan with that person.
3. Develop understanding of the importance of food energy level in improving human health.
4. 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
4. Utilize computer programs to analyze nutrient content of diet
5. Describe weight management issue including components of nutrition, exercise, and behavior modification

جامعة كل العرب

Intended Learning Outcomes

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

A. Knowledge and understanding:

- A1. Identify and select evidence-based tools and methods for assessing, planning, and evaluating diets for individuals without special dietary needs..
- A2. 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
- A3. Describe weight management issue including components of nutrition, exercise, and behavior modification.
- A4. 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.

B. Subject specific skills:

- B1. To correlate between nutrients, weight management and health status.
- B2. Knowledge of physical activity and health
- B3. Identifying skills of food effect on weight management

C. Cognitive and Intellectual skills:

- C.1. **Lecture notes:** based on the course textbook and latest scientific references in Nutrition.
- C.2. **Problem solving:** based on a constructivism method of thinking: The ability communicate and translate nutrients terminologies.
- C.3 **Critical thinking** : identify the role of nutrients in health and diseases .
- C.4 **Promotion of intrinsic motivation** via encourage challenges in planning weight mangement and physical fitness.

D. Transferable Skills:

- D1. **To have constructivism method of knowledge and thinking** : Help students to transfer their skills to the community.
- D2. **Writing skills** : The ability to communicate information in different assignment forms.
- D3. **Oral communication skills** : The ability to communicate with the nutrntional informations.

جامعة كل العرب

D4 **Promotion of intrinsic motivation** : participation and learning nutrients management skills

D5. **Team work**: involved in group discussions related to basic knowledge of nutrients and life.

D6. **IT skills**: The ability to apply and use softwares in food concepts evaluation

D7. **Administrative skills**: The ability to commit and respect the regulations and instructions .

(e.g., Attendance , Online Exam, online assignmints, report design , online team communication ..)

Teaching and Learning Methods:

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

.Os	Learning Methods	Evaluation Methods
1-A4	1. Lecture notes based on data show slides and animations.	Electronic online exam / paper work exam (Multiple-choice questions).
1-B3	1. Assignments 2. Class discussion 3. Team work and group discussion 4. Promotion of intrinsic motivation	Provided assignment form (1-5 marks) 1 mark for each participation Discussion committee (1-5) Scientific materials to develop the course (1-3 marks).
1-C4 1-D7	1. Lecture notes based on data show slides and PowerPoint presentation and white board illustration. 2. Assignments 3. Class discussion 4. Team work and group discussion 5. Promotion of intrinsic motivation	Electronic online exam /paper work exam (Multiple choice questions) Provided assignment form (1-5 marks) 1 mark for each participation Discussion committee (1-5) Scientific materials to develop the course (1-3 marks).

Course Content:

جامعة كل العرب

Week	Date	Lecture number	Topic's Details	Exams/ /quizes / holiday s	Main Reference (chapter)	ILOs achieved
1		3	Food Nutrition and Health 1. Health promotion 2. Function of nutrients in food 3. Nutritional States 4. Nutrient and food guides for health promotion		Ref1: Ch.1	A1, B1, C1
2		3	Nutrition Labelling		Ref1: Ch.2	A3,A4, B2, B3, C.1- C.4
3		3	Nutrition labelling		Ref1: Ch.3	A2, B2, C.1., C.2
4&5		6	Human energy		Ref1: Ch.4	A2, B2, C.1., C.2
6 & 7		6	Exchange List.		Ref1: Ch.5	A3,A4, B2, B3,C.1- C.4
8			FIRST EXAM			
9 & 10		6	MyPyramid		Ref1: Ch.6	A3,A4, B2, B3,C.1- C.4
11		3	Dash Diet		Ref1: Ch.7	A3,A4, B2, B3,C.1- C.4
12		3	Dash Diet		Ref1: Ch.7	A3,A4, B2, B3,C.1- C.4
13			SECOND EXAM			
14		3	Vegetarian Diet		Ref1: Ch.8	A3,A4, B2, B3,C.1- C.4

Dates needed : [1 Commented [ra

جامعة كل العرب

15	3	Tools for Diet Evaluation	Ref1: Ch.9	A3,A4, B2, B3,C.1- C.4
16	3	Tools for Diet Evaluation	Ref1: Ch.16	A3,A4, B2, B3,C.1- C.4
FINAL EXAM				

Grade Distribution:

Your course grade will be determined by the following:

Assessment Method	% of Final Grade	Due Date
Exams	٨٥	To be announced by Examination committee
Student activities : assignments , Class participation; Attendance; responsibilities	1٥	To be announced by the course coordinator

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

Course Policies:

A- Attendance policies:

Attendance: Mandatory.

First warning – with _____4____ absences

Last warning – with _____6____ absences

Failing in the subject – with _____8____ 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: N/A

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.
4. The summer semester is not considered as a semester

E- Grading policy:



جامعة كل العرب

Exams and Activities.

First Exam:	__ 20 __	points
Second Exam	__ 20 __	points
Assignments/activities/attendance :	__ 10 __	points
Final Exam:	__ 50 __	points
Total:	__ 100 __	points

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

Required equipment:

Data show, internet connection, and whiteboard.

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.

Textbooks information:

Main Reference:

1. Review papers and research articles
USDA (choose my plate) demonstration <https://www.choosemyplate.gov/>
Other References:
1. Whitney, E. and Rolfes, S. R. Understanding Nutrition, 15th Edition, ISBN-13: 978-1-133-58752-1
Wadsworth, Cengage Learning, USA.
2. Mahan, L.K. and Raymond, J.L.(2017). KRAUSE'S Food & The Nutrition Care Process, 14th Edition,
Elsevier Inc. , USA. ISBN: 978-0-323-34075-5

No side talks during lecture

No mobile phones during lecture

Entering the lecture theatre on time as scheduled.

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

Amman – Jordan 5232899 _ Fax: _ Tel :5609999

Form code: UF 130/1

24/233 Resolution number

Accreditation date: 31/01/2018



جامعة كل العرب

guidelines that will be uploaded there.

In addition, course related announcements and exam results will be posted on the e-learning page and is the responsibility of each student to check the site regularly.

Signature of Course Coordinator: Dr. Sofyan Maghaydah
Date: 5-3-2021

Signature of curriculum committee: Dr. Reem abutaveh

Signature of Department: Sofyan Maghaydah

Signature: _____

Copy to:

Head of Department
Head of curriculum committee
Course File

26 / version 3

Date:

رقم اجراء الخطة الدراسية 19 (UF 29)

v

Amman – Jordan 5232899 _ Fax: _ Tel :5609999

Form code: UF 130/1

24/233 Resolution number

Accreditation date: 31/01/2018