

1. Course Name:					
Nutrition and Diet therapy					
2. Course Code:					
WNR-31-04					
3. Semester / Year:					
3stage \First semester					
4. Description Preparation Date:					
1\10\2024					
5. Available Attendance Forms:					
Paper and electronic Lectures					
6. Number of Credit Hours (Total) / Number of Units (Total)					
Total (2) Hours weekly \ theory (2)					
7. Course administrator's name (mention all, if more than one name)					
Name: DR. Fatimah Fadil Jawad Email: fatimah.al@uowa.edu.iq					
8. Course Objectives					
Course Objectives		Students should be able to apply knowledge gained from the class to support a healthy lifestyle for themselves and their families. They should gain experience in critical thinking, reading scientific literature, communicating ideas in nutrition and understanding how it affects daily life. Students should be able to understand the difference between science and pseudoscience in nutrition, between facts and wild extrapolations that pass for			
9. Teaching and Learning Strategies					
Strategy		1. Lecture 2. Group discussion 3. Assignment			
10. Course Structure					
Week	Hours	Unit or subject name	Required Learning Outcomes	Learning method	Evaluation method
1.	2 hour	An Overview of Nutrition	introduction	lecture	Quiz
2.	2 hour	Digestion, Absorption and Transport	This lecture explores the various nutrients, their sources, metabolism, interaction, storage, and excretion.	Lecture and discussions	Quiz

3.	2 hour	Carbohydrates: Sugars, Starches, and Fibers	Topics include body systems, ,dietary restrictions and guidelines, diet and disease,	Lecture and discussions	Quiz
4.	2 hour	Carbohydrates: health, diabetes, athletic performance	Topics include body systems, ,dietary restrictions and guidelines, diet and disease	Lecture and discussions	Quiz
5.	2 hour	Protein: Amino Acids	Topics include body systems, dietary restrictions and guidelines, diet and disease, recipe modifications, menu planning	Lecture and discussions	Quiz
6.	2 hour	The Lipids: Triglycerides, Phospholipids, and Sterols	Special emphasis is placed on understanding the role nutrition plays in the current health care delivery system, on evaluating fads and fallacies	Lecture and discussions	Quiz
7.	2 hour	(mid exam)1			
8.	2 hour	Energy Balance and Body Composition	Energy balance and body composition are intricately tied to energy intake and expenditure.	Lecture	Quiz
9.	2 hour	Weight Management: Overweight, Obesity, and Underweight/athletic performance	Special emphasis is placed on understanding the role nutrition plays in the current health care delivery system, on evaluating fads and fallacies	Lecture	Quiz
10.	2 hour	The Water-Soluble Vitamins: B Vitamins and Vitamin C	This lecture identify the vitamins and two type of vitamins	Lecture	Quiz
11.	2 hour	The Fat-Soluble Vitamins: A, D, E, and K	This lecture identify the vitamins and two type of vitamins	Lecture	Quiz
12.	2 hour	Water and Major Minerals / The Trace Minerals	Some minerals are essential to your health.	Lecture	Quiz
13.	2 hour	Planning a Healthy Diet/ (mid term )2	Identify individuals r population groups at risk of becoming malnourished	Lecture	Mid2
14.	2 hour	World Hunger/Food sustainability	Identify individuals r population groups at risk of becoming malnourished	Lecture and discussions	Quiz
15.	2 hour	Selected Topics from remaining chapters including food safety, food additives, nutrition impact on aging and disease risk.	Identify individuals r population groups at risk of becoming malnourished	discussions	Quiz
16.		Mid2			
<b>11. Course Evaluation</b>					
1 <sup>st</sup> month exam.			10%		

2 <sup>nd</sup> month exam.	10%
Class activities and attendance	5 %
Assignment	5%
Final theory exam.	70%
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Total	100%
<b>12. Learning and Teaching Resources</b>	
Required textbooks (curricular books, if any)	<ul style="list-style-type: none"> <li>Whitney/Rolfes - Bundle: Understanding Nutrition, Loose-leaf Version, 15th + MindTap® Nutrition, 1 term (6 months) Printed Access Card</li> </ul>
Electronic References, Websites	<ul style="list-style-type: none"> <li>ISBN 9781305616707 (Note: MindTap is not required. Also, if expense is an issue, you may use an older version of the book. The thirteenth edition of Understanding Nutrition is a perfectly acceptable alternative text.</li> </ul>

التوقيع:

مدرس المقرر: م.د فاطمة فاضل جواد الحسناوي

