



## Course Syllabus of Introduction to Dietetics

Faculty : Medicine and Health sciences

Department: Health Sciences

Program: Bachelor in Clinical Nutrition and Dietetic

### I General information about the course instructor :

Name	Dr. Mansour Mohammed Abdullah Ghaleb	Office Hours(3 Hours Weekly )					
Location & phone number	00967770072719	Sa t	Sun	Mo n	Tue	We d	Thu
Email	mansourghalib@yahoo.co.in					√	

### II General information about the course :

1.	Course Title:	Introduction to Dietetics				
2.	Course Code and Number :	BND354				
3.	Credit Hours	Lecture	Seminar/Tutorial	Practical	Training	Total
		2	-	-	-	2
4.	Study Level and Semester:	3 <sup>rd</sup> year/ 1 <sup>st</sup> semester				
5.	Pre-requisites :	BND234				
6.	Co-requisites :	None				
7.	Program in which the course is offered	Bachelor in Clinical Nutrition and Dietetic				
8.	Teaching Language:	English				
9.	Instruction Location	University of Science and Technology, Sana'a, Yemen.				

### III Course Description :

This course provides students with basic knowledge and techniques about concept of planning diet to forms the foundation of effective practice in calculate nutrient and energy requirements in order to applied it in the principles of planning diet to promote optimal health. The teaching strategies will include lectures, self-learning and assignment. The student will be evaluated through report and written exam. Principle of Human Nutrition is a prerequisite course.

عميد الكلية:  
د. عبدالله المخلافي

رئيس القسم:  
د. عبد الحبيب ردمان

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المراجع:  
د. فواد حسان  
د. مجاهد نصار

الموصف:  
د. صادق الشراجي  
د. منصور غالب

#### IV Course Aims: this course is aimed to

1. Enable the student to recognize and identify the basic principle and concept of food guides for selecting an adequate diet .
2. Allow student to illustrate the factors consider in planning of diets.
3. Provide student the skills required to plan of diet based on recommended dietary allowances, food composition table, food exchange list and food pyramid groups.
4. Learn the student to apply basic principle of planning diets.
5. Make student able to justify routine hospital diets and dietaries patient care in hospital according to dietitian duties in general.

#### V. Course Intended Learning Outcomes (CILOs) :

1. Identify the basic principle and concept of food guides for selecting an adequate diet.
2. Describe dietary plan based on recommended dietary allowances, food composition table, food exchange list and food pyramid groups.
3. Formulate measurements conversions related to preparation and modification of diet.
4. Design dietary plan based on recommended dietary allowances, food composition table, food exchange list and food pyramid groups.
5. Calculate nutrient for dietary plan based on recommended dietary allowances, food composition table, food exchange list and food pyramid groups.
6. Apply appropriate dietary plan based on recommended dietary allowances, food composition table, food exchange list and food pyramid groups.
7. Establish and maintain relationships of dietitian duties with patient and health professionals in hospital taking into consideration the importance of teamwork.

#### VI. Course Contents

##### Theoretical Aspect:

No.	Course Topics/Units	Sub-topics	Week due.	Contact Hours
1	Overview of course content Concept of dietetics & diet therapy	- Dietetics -Diet therapy -Principles of therapeutic diet. -General objectives of diet therapy. -Factors consider in planning of therapeutic diets. -General concept in meal planning process for the family and various age groups.	1 <sup>st</sup>	2
2	Measurements conversions	-Metric/English conversions of weight and measures, volume of local containers -Milligram/Mill equivalent conversions -Preparation of diet consideration Practical issue	2 <sup>nd</sup>	2

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3	Steps in meal planning (Food composition tables)	2. Food guides for selecting an adequate diet ): a. Food composition tables -Basic concept of food composition table uses and content. -Food composition table in practical uses, calculate nutrients as purchased weight, convert purchased weight to the edible weight -Practical issue -Nutrients in cooked and raw foods: -Calculate raw to cooked factor and cooked to raw factor -Practical issue -Practical issue based on food composition table	3 <sup>rd</sup> 4 <sup>th</sup> 5 <sup>th</sup>	6
4		Mid-term exam	6 <sup>th</sup>	2
5	Steps in meal planning (Food exchange list)	3. Food guides for selecting an adequate diet ): a. Food exchange list: -Basic concept of food exchange list content: 1. Vegetable exchange list. 2. Fruit exchange list 3. Cereal exchange list. 4. Meat exchange list include: -Meat without fat -Meat low fat -Meat moderate fat -Meat high fat 5. Milk exchange list include: -Whole milk -Milk low fat -Milk without fat 6. Fat exchange list -Practical issue based on food exchange list	7 <sup>th</sup> 8 <sup>th</sup>	4
6	Steps in meal planning (Food Pyramid)	4. Food guides for selecting an adequate diet ): a. Food Pyramid: -Basic concept of food pyramid as a guide to daily food choices and characteristics. -Food pyramid groups and practical issues: 1. Bread and cereal group. 2. Vegetables group. 3. Fruit group. 4. Milk and dairy products group. 5. Meat and nuts group. 6. Oils and fats group. -Practical issue based on food pyramid	9 <sup>th</sup>	2

7	Steps in meal planning (Recommended dietary allowances)	1.Recommended dietary allowances: -Daily requirement for energy and others nutrient in different age and sex groups -Estimate the number of protein, carbohydrates and fats in grams based on total calories requirement -Practical issue.	10 <sup>th</sup>	2
8	Modification of therapeutic diets	-Texture modifications of house diet - Pureed texture - Ground texture - Chopped texture - Finger foods	11 <sup>th</sup>	2
9	Routine hospital diets	-Clear liquid diet (Disease conditions for clear liquid diet uses). -Full fluid diet (Disease condition for full fluid diet uses) Soft diet (Disease condition for soft diet uses) Mechanical soft diet (Modifications of the normal diet to be as Mechanical soft diet And disease condition for mechanical soft diet uses). Cold semi liquid diets(Disease condition for cold semi liquid diet uses) -Practical issue.	12 <sup>th</sup> 13 <sup>th</sup>	4
10	Dietaries patient care in hospital & Dietitian duties in general	Dietaries patient care in hospital based on: a. Assessment b. Diagnoses c. Intervention d. Monitoring & Evaluation  -Dietitian duties in general	14 <sup>th</sup>	2
11		Final exam	15 <sup>th</sup>	2
<b>Total number of weeks and hours</b>			<b>15</b>	<b>30</b>



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