

CHS 226: List of seminar Topics First semester, 1438 – 1439 H

Day of the lecture	Group	Students NO.	Leaders	Topics
Sunday	1.	1-8	٢. محمد قاسم العنزي	Health problem associated with low carbohydrate diets
	2.	9-15	١١. ثواب بندر المطيري	Benefits and health hazards of Sugar
	3.	16-22	١٨. عبدالله مهمل العنزي	Fruits and vegetables and their role in hypertension
	4.	23 and above	٢٤. عايد شايز العنزي	Role of Honey in health and disease
Tuesday	1.	1-7	٥. خالد عبدالله الشهري	Health problem associated with high protein diets
	2.	8-14	١٣. محمد فراج البقمي	Role of Dates in in health and disease
	3.	15-21	١٧. احمد محمد احمد عسيري	Benefits and health hazards of Seeds and sprouts
	4.	21 and above	٢٦. صالح عادل الصقر	Fruits and vegetables and their role in diabetes

Points to be covered (depend on the topic)

- **All topics:** introduction and various terms related to the topic
- **Topics related to a Food (or a nutrient) e.g. Sugar**
 - Role of the in health and disease
 - Digestion, absorption and metabolism
 - Requirements for healthy and diseased persons
 - Benefits and risks
- **Topics related to nutrition and a health problem e.g. diabetes**
 - Foods and nutrients associated with the problem either as risks factors or protective or therapeutic factors
 - Requirements

Marks assigned to the seminar will be distributed as follow:

Marks	Evaluation points
5	Completeness of the topic and coverage of all points and quality of the used references
2	Following the due dates (one mark for submitting the initial draft of the seminar at the 7 th week and another one mark for presenting the seminar at scheduled presentation week)
3	Presentation and slides quality

The followings should be considered:

- Choosing your group leader is of utmost importance, because authority will be delegated to him for distributing the work among the members. Also he will be responsible for submitting the marks of each group member to the course instructor
- ALL references used in preparing the seminars should be from trusted scientific websites or in a form of up-to-date scientific published papers.
- Seminars in a PowerPoint from accompanied by the used references should be sent to the course instructor for revision from the 7th week and no seminars will be accepted for revision after the 8th week
- Seminars will be presented during the weeks from 12th till 15th and only one member of each group should be assigned to present the seminar for 15 minutes.
- Seminars will be discussed with the course instructor and students in other groups and any comments should be considered to finalize the seminars
- An electronic copy of the final seminars (PowerPoint presentation) including a list of students sharing in the seminar and a list of the references used in preparing the seminar should be submitted one week after the presentation. Electronic copies (pdf) of ALL published papers used in the seminar should be submitted.
- Plagiarism and taking a copy from similar PowerPoint from the internet is not allowed and these seminars will get **zero**