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| **1st Semester** |
| **1433/1434** |

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**Nutrition through Life Cycle**

**Instructor**: Mrs. Sara Al-Mosharruf (lectures)

**Nutrition course:** CHS 539

**Credit hours**: 4

**Level**:5

**Class Time**: Sunday 10:00-2:00

**Class location:** CHS (3) room

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| ***Contact information****:* | E-mail : [Sara.almosharruf@gmail.com](mailto:Sara.almosharruf@gmail.com)  Office: Tel #: 4355010 ex. 385 |
|  | office number: 1 A 20 |
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**Office Hours :**Saturday 12:00-2:00

Monday 9:00-10:00

**Required Text**: Nutrition through the life cycle **BY** Judith E.Brown

Understanding Normal and Clinical Nutrition sixth edition

**By** Whitney.Cataldo.Rolfes

**Course Description:**

Is a comprehensive look at the nutritional needs of people in the various life stages. From conception until death, people have special nutritional requirements to assure health and growth.

To study the nutritional needs of various groups: pregnant, lactating ,babies, infants ,adults ,and elderly individuals and to provide an inside of the following:

1-General introduction about nutrition status its outcome and the importance of nutrition throughout the life cycle.

2-Nutrition during pregnancy and lactation : effect of nutritional status on pregnancy outcome, nutrition supplementation during pregnancy ,physiological changes of pregnancy ,recommended intakes of different nutrients/foods. Effect of nonnutritive substances in foods (caffeine ,artificial sweeteners, contaminants …etc), beliefs ,avoidances ,craving, and aversion.

Lactation: physiology of lactation, nutrient requirements of lactation (proteins, lipids and vitamins) , and common problems.

3-Nutrition in infancy: physiological development nutrient needs of infants (energy ,protein, lipids, carbohydrates, water, minerals, and vitamins).

Milk for infants: composition of human breast milk ,formulas ,food for infants ,and feeding patterns.)

4- Nutrition in childhood: growth and development ,assessing growth ,nutritional needs(energy ,protein ,minerals and vitamins),factors influencing food intake.

Feeding the preschool and school age child .Preventing chronic diseases ,nutritional concerns(obesity ,iron deficiency ,dental caries ,hyperactivity disorders ,and allergy).

5-Nutrition in adolescence: growth and development ,physiological changes ,growth assessment nutritional requirements ,recommendations to support growth. Food habits.

6-Nutrition in older adults: Theories of aging ,aging process(affect on sensory ,oral health,gastrointestinal,metabolic,cardiovascular,renal,musculoskeletal,neurological immuno competence and psychosocial).nutrition requirement and nutritional status of the elderly.

Application of nutrition principles to the human life cycle: nutrient functions, needs, sources and alterations during pregnancy, lactation, growth, development, maturation and aging.

Special emphasis is placed on nutritional assessment, selection of food required to meet physiological need of individual.

**Course Objectives and Learning Objectives:**

By the end of this course each student will be able to:

1. Understand the role of nutrition and changes in nutritional requirements that occur during the life cycle in humans.
2. To comprehend how development occurs throughout life.
3. Discuss how and why nutrient needs change during each stage of the life cycle.
4. To know the nutritional requirements of each age group in the human.
5. To apply knowledge of nutritional needs of age groups to their dietary needs and food choices.
6. Be able to describe the factors which alter nutrient needs at each stage.
7. Be able to describe the factors that influence dietary intake at each stage.
8. Be able to identify strategies to enable nutritive needs to be met at each stage.
9. Identify major areas of nutritional concern in each stage of the life cycle, including impact of physiological and developmental changes.
10. Identify nutritional risk factors that may lead to chronic disease .
11. To evaluate dietary or nutrient intake and recommend improvements, if needed.

**Method(s) of Instruction:**

Interactive lecturing and discussion.

Students presentations.

Students participation in class.

**Assessment/Evaluation/Grading**

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| Presentations  And article club | 10 | |
| Exam 1 | 15 | |
| Exam 2 | 15 | |
| Final Exam | 40 | |
| Practical | 20 | 10 quizzes |
| 10 assignments |

A+ = 95-100%

A=90-94%

B += 85-89%  
B = 80-84%  
C+ = 75-79%

C = 70-74%  
D+ = 65-69%  
D = 60-64%  
F < 60%

**Missed exam**:

The teacher will approve make-up exam only for a student who has an excused absence.

**Guidelines for presentation/assignments:**

PowerPoint presentation of nutrition related topics, which will be distributed.

Summary of presentation should be submitted.

Stimulation of discussion and answering questions from the audiences.

Assignment regarding nutrition related topics would be requested.

**Deadline for submission/late submissions**:

Deadline for submission will be announced. Marks will be deducted for late submission of assignment or presentation.

**Class Schedule**

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| Week # | Date | Lecture |
| Week 1 | 2/9/2012 | syllabus |
| Week 2 | 9/9/2012 | Pregnancy1 |
| Week 3 | 16/9/2012 | Prgnancy -2 |
| Week 4 | 23/9/2012 | National Day |
| Week 5 | 30/9/2012 | lactation |
| Week 6 | 7/10/2012 | Exam 1 |
| Week 7 | 14/10/2012 | Infant + childhood |
| Week 8 | 21\10/2012 | Vacation ☺ |
| Week 9 | 28/10/2012 | vacation☺ |
| Week 10 | 4/11/2012 | Cont. Infant+childhood |
| Week 11 | 11/11/2012 | cont. Childhood +adolescent |
| Week 12 | 19/11/2012 | Exam 2 |
| Week 13 | 26/11/2012 | Elderly-1 |
| Week 14 | 3/12/2012 | Elderly-2 |
| Week15 | 9/12/2012 | Journal club and PP |
| Week 16 | 16/12/2012 | Journal club and PP |
| Week 17 | 23/12/2012 | Finals |
| Week 18 | 30/12/2012 | Finals |

**Note: the schedule can be changed adapting to different circumstances.**