Course title:	**Dietetics and Nutrition**				
Course code:	**ABS110**				
Course type:	Compulsory				
Level:	BSc (Level 1)				
Year/ Semester:	1st / 2nd semester				
Instructor's Name	Dr Stalo Papoutsou				
ECTS	3	Lectures/week	2	Laboratories/week	-
Course Purpose	The aim of this course is to introduce students to the principles of Dietetics and provide them knowledge regarding all the essential food elements, including macronutrients and micronutrients and elements' functions within the human body. The goal is also to help students understand the components of a balanced diet but also familiarize them to basic knowledge regarding the relation of common metabolic diseases to nutritional status, the consequences of malnutrition and the importance of diet prevention and therapy. Students will also learn about the impact of nutrition and diet on the blood/serum analytical parameters .				
Learning outcomes	By the end of this course, the students should be able to: - Define the principles of Dietetics, list all the essential food elements and define the components of a balanced diet especially for the Mediterranean Diet - Identify nutritional deficiencies and explain the different nutritional needs of different age groups as well as those of vulnerable population groups - Explain how to assess nutritional status of a patient and interpret the results of the assessment methods - Relate common metabolic diseases to nutritional status. Identify the consequences of malnutrition either because of excessive nutrient intakes or undernourishment - Develop skills and knowledge on general principles of diet therapy especially concerning enteral and parenteral feeding - Learn the importance of diet prevention, therapy and intervention in chronic diseases and nutritional disorders.				
Prerequisites:	None		Corequisites:	None	

Course contents:	- Key terms of nutrition: food, nutrients, digestion, absorption, transportation and excretion - The major nutrients: food sources, definition, their roles in the human body and consequences of deficiency - Macronutrients: proteins, carbohydrates, fat and water - Micronutrients: vitamins and minerals - Energy contribution: macronutrients and micronutrients contribution to the total energy pool and their function as coenzymes or co-catalysts in metabolism's paths - Mediterranean diet: recommendations, characteristics and its protective effect against cancer and metabolic diseases. - Nutrition: nutrient requirements and techniques to avoid deficiencies through life circle and obtain optimal growth and/or maintain health, infancy, childhood, adolescence, adulthood, pregnancy, breastfeeding and elderly ages - Diet: common metabolic diseases associated with overabundant intake. Prevention and diet therapy. - Diagnostic criteria: marasmus, kwashiorkor and eating disorders i.e. anorexia nervosa. Etiology and prognosis. - Nutritional assessment: tools and techniques, history, nutrient intake analysis, anthropometry, body composition, laboratory data, somatic indicators and physical signs of malnutrition. - Nutrition support: the delivery of formulated enteral or parenteral nutrients to appropriate patients for the purpose of maintaining or restoring nutritional status. Algorithms and criteria for enteral route and for formula selection according to patient's condition - Nutritional disorders and chronic diseases: Obesity, anorexia nervosa, cancer, diabetes, CVD: nutritional prevention and diet therapy
Teaching Methodology	The course is delivered to the students through lectures, using computer-based presentations programmes. Case Studies, Discussion, Questions / Answers are also used depending on the content of the lecture. Lecture notes and presentations are available online for use by students in combination with textbooks. Relevant material published in international scientific journals are also used to follow the latest developments related to the subject of the course.
Bibliography	**(a) <u>Textbooks:</u>** ESPEN Blue Book: Basics In Clinical Nutrition. Gallen; 5th Edition, 2019 **(b) <u>References:</u>** Lambros S Sidossis and Stefanos N Kales: Textbook of Lifestyle Medicine. Willey Blackwell; 1st edition, 2022 **(In Greek)** Αντώνιος Ζαμπέλας. Η Διατροφή στα στάδια της ζωής. Εκδοτικός Οίκος: Ιατρικές εκδόσεις Π.Χ. Πασχαλίδης, 2003 **(In Greek)** *Through the services of the university library, access is provided to electronic*

	repositories of scientific journals and articles, indicatively ***ProQuest, Cambridge University Press*** and ***Science Direct*** *with thousands of scientific journals in the fields of health sciences.*
Assessment	Assess students' participation in class where face to face discussions on modern nutrition topics will give them the opportunity to learn/criticize the scientific background. Home assignments will either be a scientific review on those topics and/ or challenge the students on solving case studies (20%). Midterm written exam 20% Student Participation/Presentation/project 20% Final written exam 60% The evaluation of the course is performed by (a) a written mid-term exam during the semester, which examines specific modules of the course and it accounts for 20% of the overall grade, (b) a written final exam, which examines all modules of the course, and it accounts for 60% of the overall grade. Students also have to prepare and present a small project and are evaluated for the above by discussion, questions/answers, pros/cons and case studies, related to the field of dietetics and nutrition, in the class. The final assessment of the students is formative and summative and is assured to comply with the subject's expected learning outcomes and the quality of the course.
Language	Greek / English