

**The Hashemite University
Faculty of Allied Health Sciences
Department of Clinical Nutrition and Dietetics**

Course title:	Human Nutrition	Instructor:	Dr. Suhad AbuMweis
Course number:	140502211	Office:	Medical complex, 3 rd floor
Prerequisite(s):	140502210	Office hours:	Monday, Wednesday 11-12:30

Course description:

This course applies principles of nutritional science through covering topics related to planning healthy diets and dietary risk factors and risk of chronic diseases.

Course objectives:

- To use the diet planning tools to plan nutrient-dense, well-balanced diets that provide variety and moderation without excessive energy.
- To discuss reasonable dietary strategies for achieving and maintaining a healthy body weight.
- To understand the relationship between nutrition and diseases.
- To explore how poor nutrition may promote the progression of diseases and how good nutrition may guard against the development of diseases.
- To describe the use of medical nutrition therapy, including standard and modified diets.

Required readings:

- Nutrition and Diet Therapy. Roth RA. 10th edition. 2011. Cengage.
- Manual of Clinical Nutrition Management. 2013. Compass Group, Inc.
- Food Lists for Diabetes. The Academy of Nutrition and Dietetics. 2014.
- Lecture notes will also be provided by the instructor.

Course assessment:

First Exam	25%	
Second Exam	25%	
Quizzes	10	
Final Exam	40%	
TOTAL		100%

Teaching tools:

- Lecture presentations
- Classroom and online activities

Policy:

- Students are encouraged to prepare for class, using the scheduled outline: your understanding in class will be greatly enhanced if you are familiar with the information ahead of time.
- Students missing any class time are responsible for obtaining all information, including assignments and schedule changes.

- Student misses more than 15% of total lectures will be deprived from the final exam.
- There will be no make-up exams except in cases of emergency.
- All students should have the same opportunity to learn. There will be times throughout this course you will be encouraged to share personal experiences and opinions and likewise to listen to other students' comments. There will be no tolerance for any disrespect towards other students, the subject, or the instructor, otherwise, the misbehaved student will be asked to leave the classroom.
- All cell phones are to be set to an inaudible tone for the duration of the class.
- Bring a calculator to your exams; you may not use your cell phone as a calculator.
- There will be regular unannounced quizzes given in class.

Tentative course outline:

Week	Topic
1	Introduction
1-2	Planning a Healthy Diet Using Food Guide
3	Weight Management: Overweight, Obesity, and Underweight
4-6	Diet Planning Using the Food Lists (Food Exchange System)
7	Foods and Food Consistency for Upper GI Disorders
8	Fiber-Modified Diets for Lower Gastrointestinal Tract Disorders
9	Carbohydrate- and Fat-Modified Diets for Malabsorption Disorders
10	Nutrition Therapy for Liver and Gallbladder Diseases
11	Carbohydrate-Controlled Diets for Diabetes Mellitus
12	Fat-Controlled, Mineral-Modified Diets for Cardiovascular Diseases
13	Protein-, Mineral-, and Fluid-Modified Diets for Kidney Diseases
14	Energy- and Protein-Modified Diets for Metabolic and Respiratory Stress
15	Energy- and Protein-Modified Diets for Cancer

Good Luck!