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**Department of: Midwifery**

**Koya Technical Institute**

**University of polytechnic – Erbil**

**Subject:** community Nutrition

**Course Book:** Second Year

**Lecturer's name MSc:** Triska Beelal Bahjat

**MSc in food science (University of Greenwich)**

**Academic Year:** 2023-2024

 **Course Book**

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| **1. Course name** | Nutrition |
| **2. Lecturer in charge** | **Triska Beelal Bahjat** |
| **3. Department/ College** | Midwifery- Koya Technical Institute |
| **4. Contact** | e-mail: triska.Bahjat@epu.edu.iqTel: 07725220864 |
| **5. Time (in hours) per week**  | **Theory:** 2 hours |
| **6. Office hours** | From Sunday to Thursday( 8:30am to 1pm every day) |
| **7. Course code** |  |
| **8. Teacher's academic profile**  | Academic Qualifications:* 2008-2009 B.Sc. Agricultural Science at Koya University
* 2014- 2015 M.Sc. Food safety and quality management (post- harvest technology) at University of Greenwich, Uk.

I have taught students for nearly 9 years.  |
| **9. Keywords** | **Nutrition, nutrient.**  |
| **10. Course overview:** This module covers the major food components (water, protein, fat, carbohydrate, vitamin and mineral) in terms of their nature and role in foods. It also covers the function of nutrition like vitamin, mineral, carbohydrate and protein and how the dietary macronutrient requirement values are derived.As well as the importance of diet therapy and food needs, also the nutrition various cases in diseases and nutrients functions. Enumeration of food and nutritional needs of energy in the early stages and different age, the importance of each phase and planning of food and food alternatives and how to use them. |
| **11. Course objective:** On completion of this course the student will be able to:* Describe the key aspects of nutrient.
* The basic nutrition and diet therapy.
* Nutrition requirement and the role of nutrition in the human body.
* The important of nutritional requirements and the functions, their function, deficiency sings.
* Using of diets in the health and disease food.
* Nutrition definitions.
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| **12. Student's obligation** All students have to be ready in the class all the year. |
| **13. Forms of teaching**Different forms of teaching will be used during the year, such as projector, data show, power point presentation and white board as necessary such as (curve, diagram, chart).Theory teaching done by: lecture, group discussion, seminar, group work. |
| **14. Assessment scheme**written exam midcourse 25%seminar 8%report 10%homework 5% class activity 2% quiz 10%final exam theory 40%‌ |
| **15. Student learning outcome:** This module aims to * Provide an appreciation of the natural roles of proteins in foods.
* Explain the nature and function of simple sugars, and their derivatives, in food.
* Provide a sound understanding of the nutritional principles of the major food components (protein, lipids and carbohydrates).
* Provide appreciation of the natural roles of vitamins in food.
* The modules aim to enable student to develop a critical knowledge and understanding of fundamental and contemporary issues in relation to physical activity and health and nutrition in health and disease. Students will learn about food and its effect on the health of the individual. Student will study food preparation and safety, nutritional education, the nutritional content of foods, and much more. Student will learn how the body uses nutrients.

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| **16. Course Reading List and References‌:** Key references:1- Zimmerman, M,.and Snow, B.,(2012) *An introduction to nutrition* **v.**1.0<http://2012books.lardbucket.org/pdfs/an-introduction-to-nutrition.pdf>2- Karaagaoglu,. N,. (2006)*Healthy nutrition*, Available from:<http://beslenme.gov.tr/content/files/yayinlar/ingilizce_yayinlar/books/healthy_nutrition.pdf>(accessed 10 Aug 2016)Shanahan,. C,. (2016*) Deep nutrition*3-Steve., B (2008) *Vitamins and mineral demystified*.**v**.2.04-Matkovic V, Ilich JZ (1993) Calcium requirements for growth: are current recommendations adequate. Nutr Rev **51**(6):171–180 |
| **17. The Topics:** | **Lecturer's name** |
|  Introduction and Define nutrition What is nutritionOur need for foodImportant of good nutrition | 1stweek  |
| **The basic food groups and classification of foods according to nutrition's content****Types of nutrient** MacronutrientMicronutrient | 2nd and 3rd week |
| **Carbohydrates****Classification of carbohydrate**Simple CarbohydrateComplex carbohydrate | 4th week |
| **Fat****Types of fat**Health benefit CholesterolTypes of Cholesterol  | 5th week |
| **Vitamins** Types of Vitamin (fat soluble and water soluble) Functions of (vitamin A, D,C, B-complex and E)Health benefitssigns and symptoms of vitamin deficiencyHealth risks of too much vitamin Daily requirement and daily recommended allowance | 6th week |
| **Minerals** Types of mineral (Macro minerals and trace mineral)Health benefits of ironCauses of iron deficiencyDaily requirement and daily recommended allowance | 7th week |
| Function of sodium Function of phosphorusFunctions of calcium | 8th week |
| Control of amount and distribution Life cycle need | 9th week |
| Nutrition during pregnancy, lactation and infancy, childhood, adolescence and adulthood | 10th week |

**The questions for the exam are:**

Multiple choice, true and false, functions, blanks, explain, Short answer.

**Multiple choice**

1.Low blood levels of calcium can be caused by:

(a) Lack of vitamin A.

(b) Lack of vitamin E.

(c) Lack of vitamin D.

(d) Lack of vitamin C.

2. ------------------ are the highest energy source among the nutrients.

a. Fat

b. protein

c. carbohydrate

**Quiz** Why is fiber essential for your health?

**Short answer** what is the results of lipid deficiency? Classify foods by predominant function with giving example