



Module (Course Syllabus) Catalogue 2023-2024

College/ Institute	Khabat Technical Institute	
Department	Food Security and Public Health	
Module Name	Human Nutrition	
Module Code	HUN305	
Semester	Third Semester	
Credits	5	
Module type	Prerequisite <input type="checkbox"/>	Core * <input type="checkbox"/> Assist. <input type="checkbox"/>
Weekly hours	2	
Weekly hours (Theory)	(2)hr Class	(123)hr Workload
Weekly hours (Practical)	(0)hr Class	(0)hr Workload
Lecturer (Theory)	Zian H.Ahmed	
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Lecturer (Practical)	-	
E-Mail & Mobile NO.	-	

Course Book

Course Description	The course introduces students to the fundamental concepts of Human nutrition including: Introduction to Human nutrition - Nutrients - Energy for life - Macronutrients & Micronutrients - Diet etc.....
Course objectives	<p><u>This course will present various human nutrition challenges and explore implications for healthy diets:</u></p> <p>1. Familiar with most of key terms which are related to the human nutrition and healthy food such as Nutrients, Calories, types of macronutrients & micronutrients and knowledge of Eatwell Guideetc.</p> <p>2. In addition, collect information about some types of diseases related with unhealthy foods.</p>
Student's obligation	<p>1. Learners have to attend lectures to obtain primary knowledge, skills and competences.</p> <p>2. Students must done quiz weekly in lectures.</p> <p>3. Apply student centered such as Students must to complete homework, reports and seminars...etc.</p>
Required Learning Materials	<p>1. Theory lectures will be tough by data illustrated in PPT form.</p> <p>2. Practice lectures will be tough by data show in PPT form, scientific movies, teamwork and practically.</p> <p>3. Group discussion during lectures.</p>
Assessment scheme	<p>30% Mid Term (Theory)</p> <p>30% Assignment (report, paper, homework, seminar.)</p> <p>40% Final Exam</p>
Specific learning outcome:	<p>On successful completion of this module the learner will be able to:</p> <ol style="list-style-type: none"> 1. Gain new knowledge, based on up-to-date scientific evidence. 2. Apply that knowledge to improve your Human lifestyle, and make better dietary choices. 3. Analyze food requirements for body I different ages and gender 4. Collaborate with others to solve problems by tem working.

Course References:	<p>1. Eaton S.B. (2006). Proceedings of the Nutrition Society, 65(1), 1-6. Last accessed on 15 January 2017.</p> <p>2. YILDIZ, Fatih. Advances in food biochemistry . CRC press, 2009.</p> <p>3. Cordain, L., Miller, J.B., Eaton, S.B., Mann, N., Holt, S.H. and Speth, J.D., 2000. Plant-animal subsistence ratios and macronutrient energy estimations in worldwide hunter-gatherer diets. The American journal of clinical nutrition, 71(3), pp.682-692.</p> <p>4. https://www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating/healthy-eating-toolkit/eatwell-plate</p> <p>5. Lanham-New, S.A., Hill, T.R., Gallagher, A.M. and Vorster, H.H. eds., 2019. Introduction to human nutrition. John Wiley & Sons.</p> <p>6. Cordain, L., Eaton, S.B., Sebastian, A., Mann, N., Lindeberg, S., Watkins, B.A., O’Keefe, J.H. and Brand-Miller, J., 2005. Origins and evolution of the Western diet: health implications for the 21st century. The American journal of clinical nutrition, 81(2), pp.341-354.</p>
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Course topics (Theory)	Week	Learning Outcome
Introduction of Nutrition	1	
Eatwell Guide	2	
Cutting down on some foods	3	
Calculate your own BMI	4	
Measure your own waist circumference:	5	
Calculating your own energy requirements	6	
Low GI vs high GI diets	7	
Is food addictive?	8	

Healthy and sustainable diets – the future role for dietary protein	9	
Nutrition guidelines made easy - Healthy eating guidelines	10	
Food labels	11	
Diet impact on disease	12	
Practical Topics	Week	Learning Outcome
Questions Example Design		
1- Blanks		
2-write the reasons		
3- True false and correcting false sentences		
4- Multiple choose		
5- Explanations		
6- Definitions		
7-Write differences between		
8-Match the word from list A to the word from list B		
Extra notes:		

External Evaluator