General Information	Studies in **NUTRITION SCIENCE FOR HUMAN HEALTH**
Title of the subject	**Pediatrics**
Degree Course (class)	**Nutrition Science for Human Health**
ECTS credits	6
Compulsory attendance	No
Language	Italian

Subject Teacher	
Name and Surname	**Maria Elisabetta Baldassarre**
email address	mariaelisabetta.baldassarre@uniba.it
Place and time of reception	Policlinic Hospital - P.zza G. Cesare 11 - Obstetric Clinics 1° floor From Monday to Friday by appointment

ECTS credits details	Discipline sector (SSD)	Area
	General and specialist pediatrics (MED/38)	Characterizing

Study plan schedule	Year of study plan	Semester
	second	first

Time management	Lessons	Laboratory	Exercises	Total
CFU	6			6
Total hours	48			48
In-class study hours				
Out-of-class study hours	102			102

Syllabus	
Prerequisites / Requirements	Basic knowledge of Human Physiology.
Expected learning outcomes (according to Dublin descriptors)	
Knowledge and understanding	- Knowledge of the main nutritional needs of the child in the various stages of evolutionary development. - Understanding the relationships between the humoral, sensory, cognitive, motivational, and psychic aspects capable of influencing eating behavior and therefore the state of health
Applying knowledge	- In-depth understanding of nutrition in childhood and its role in relation to the need for specific nutrients for maintaining homeostasis and health. - Recognition of some pathological conditions and indication of correct eating habits
Making informed judgments and choices	- Being able to assess the need for specific nutrients for maintaining the health of the child, the nutritional qualities of foods and the impact on health of particular eating behaviors. - Be able to understand, analyze and evaluate the scientific and popular literature concerning nutrition in the pediatric age.
Communicating knowledge	- Ability to describe the knowledge relating to nutrition and the maintenance of health in the child with simplicity and

	effectiveness.
Capacities to continue learning	- Ability to learn from highly complex technical-scientific texts, monographs, scientific periodicals, IT tools and databases in the physiological and nutritional field.
Study Program	
Content	- Food safety and human health - Breastfeeding. - Properties and advantages of breast milk and its role in “epigenetic programming". - Artificial milks adapted for the newborn and infant - Special milks. - Weaning methodology. - Nutrition of the first year of life. - Nutrition of the child from second childhood to adolescence (role of "trans" fatty acids and "tropical oils"). - Acute diarrhea. - Chronic diarrhea - Food allergies. - Cow's milk substitutes. - The effects of olive oil on epigenetic programming. - Vegetarian and vegan diets and related risks. - Gastro-esophageal reflux. - The microbiota: role in immune defense and gastrointestinal diseases. - Hypertransaminasemia. - Food safety. - Chronic constipation
Bibliography and textbooks	- Manuale di Nutrizione Pediatrica SIGENP, Il pensiero Scientifico Editore, 2016
Notes to textbooks	none
Teaching methods	- Lectures
Assessment methods	Oral examination
Evaluation criteria	Assessment of the ability to present in a clear way and with adequate language the knowledge regarding: - nutritional needs of the child in the various stages of growth - main pathologies of the child's gastrointestinal system, - prevention of chronic degenerative diseases of adulthood through proper nutrition, - Evaluation of the ability to grasp the key elements of the various topics and to use the information learned by making adequate correlations for understanding the questions posed and for managing the answers.
Further information	