Academic subject: Applied Dietary Technical Sciences			
Degree Class: LM-86		**Degree Course:** Safety and Health of Food of Animal Origin	**Academic Year:** 2020/2021
		Kind of class: Mandatory	**Year:** I / **Period:** II semester
			ECTS: 5 divided into **ECTS lessons: 5** **ECTS exe/lab/tutor: 0**
Time management, hours, in–class study hours, out–of–class study hours lesson: 50 exe/lab/tutor: 0 in–class study: 0 out–of–class study: 75			
Language: Italian	**Compulsory Attendance:** no		
Subject Teacher: Sebastio Perrini	**Tel:** **e–mail:** sebastio.perrini@uniba.it	**Office:** Section of Internal Medicine, Endocrinology, Andrology and Metabolic Diseases – Department of Emergency and Organ Transplantation Room Floor	**Office days and hours:** Tuesday and Thursday (3:00 pm – 6:00 pm) only by appointment

Prerequisites:
Although not strictly required, a background of general and clinical biochemistry, physiology, and nutrition is ideal. Basic knowledge on general medicine and specialties such as endocrinology, gastroenterology, immunology and cardiovascular medicine is also recommended

Educational objectives:

Knowledge and understanding

Understanding of how a correct nutritional state is important in order to assure an optimal health state and to compensate the energy expenditure related physical activity

Applying knowledge and understanding

knowledge of principles at the basis of an optimal and healthy diet according to scientific national (LARN and National guidelines) and international guidelines (EFSA). The knowledge of the features and properties of the various nutrients required in a balanced diet

Making informed judgements and choices

Through specific practical exercises, students should have become able to know and select most appropriate sources of energetic nutrients and their best assortment to compose diets suited for specific type of metabolic diseases and pathological and non-pathological states. Students should have become able to know pros and cons of dietary supplements.

Communicating knowledge and understanding

To describe the physiological and pathological characteristics of metabolic diseases. Ability to communicate the consequences of lack or overtake of macro or micronutrients.

Expected learning outcomes (according to Dublin Descriptors)	The student should demonstrate a proficient and flexible knowledge of all main concepts delivered during the course, demonstrating good skilling in: 1) the evaluation of food habits and the nutritional status of an individual, 2) the planning of dietary patterns based on specific nutritional recommendations and health-promoting aims, selecting food items and the optimal nutrient composition, 3) coaching people on how to implement a healthy diet and lifestyle program.

Course program

Frontal teaching

1) Basics in dietetics and nutrition: terminology, main concepts and strategy
2) Food patterns and dietary models: speculations and evidence based medicine
3) Nutritional requirements in the different ages and physiological states: childhood and adolescence, pregnancy and menopause, breastfeeding, senescence, and sport.
4) Recommendations and prescription of a diet (guidelines for individuals, specific populations/groups).
5) Dietary patterns to implement a Healthy diet for healthy people (protection and primary prevention strategies

based on the traditional Mediterranean diet and other models of health-promoting diets and life style patterns)
6) Diet and sport.: integration programs and practical aspects (individual and population communication and implementation strategy)
7) nutritional programs for the secondary prevention and "food therapy" of age- and food-related disease
PRACTICAL LESSONS
- dietary assessment in health and disease.
- food selection, prescription/recommendations

Teaching methods:
Lectures will be presented through PC assisted tools (PowerPoint, video). Field and laboratory classes, reading of regulations will be experienced.
Lecture notes and educational supplies will be provided by means of online platforms

Auxiliary teaching:
Material developed and provided by the teacher, blackboard, photocopies and use of visuals and power point presentations.

Assessment methods:
Written test to assess the skills and knowledge gained during the course
The exam consists of an oral interview on the topics developed during the theoretical and theoretical-practical lectures in the classroom.
The oral exam will be performed in one session of approximatively 20 min. with three or more questions.

Bibliography:
- "Manuale di nutrizione clinica e scienze dietetiche applicate" di Binetti - Marcelli – Baisi, 2010
- "Nutrizione Umana" di Rivellese - Annuzzi - Capaldo - Vaccaro - Riccardi, 2017 "Alimentazione, nutrizione e salute" di Debellis – Poli et al. - 2019.