

General information	
Academic subject	Fundamentals of dietetic
Degree course	Safety and Health of Food of Animal Origin
Academic Year	2021/22
European Credit Transfer and Accumulation System (ECTS)	5
Language	Italian
Academic calendar (starting and ending date)	II semester
Attendance	Not mandatory

Professor/ Lecturer	
Name and Surname	Marica Cariello
E-mail	marica.cariello@uniba.it
Telephone	
Department and address	Veterinary Medicine Campus – Valenzano (BA)
Virtual headquarters	
Tutoring (time and day)	Tuesday 10:00 - 12:00

Syllabus	
Learning Objectives	The course aims to provide: basic knowledge about the nutritional needs of the population. The basic elements for setting up nutritionally balance diets in different subset groups. The description of the main tools used to evaluate the adequacy of a diet.
Course prerequisites	Bases of biochemistry and biology
Contents	BODY COMPOSITION: description of body compartments and measuring techniques; measurement of fat and lean mass. ENERGY NEEDS: energy requirements and energy balance, "Total Energy Expenditure" (TEE), Energy needs of the adult population FOOD GROUPS AND GUIDELINES: general concepts and description of food groups; scientific basis for the estimation of nutritional requirements and nutrient and energy reference values for the Italian population (LARN: reference energy and nutrient intakes); Guidelines for the Italian population; Description of criteria for the formulation of a nutritionally adequate diet; The Food Pyramids; the Mediterranean Diet. DIET-RELATED DISEASES: Obesity, Diabetes and Metabolic Syndrome
Books and bibliography	Alimentazione, nutrizione e salute – Edises; Papers and reviews. Slide
Additional materials	

Work schedule			
Total	Lectures	Hands on (Laboratory, working groups, seminars, field trips)	Out-of-class study hours/ Self-study hours
Hours			
125	50	0	75
ECTS			
5	5		
Teaching strategy	During the lessons will be provided bibliographic sources (articles and reviews).		

Expected learning outcomes	
Knowledge and understanding on:	<ul style="list-style-type: none"> ○ Energy needs ○ Body composition
Applying knowledge and understanding on:	<ul style="list-style-type: none"> ○ skills needed to assess the suitability of a diet according to the guidelines
Soft skills	<ul style="list-style-type: none"> ○ Critical assessment and efficacy of a diet

Assessment and feedback	
Methods of assessment	<ul style="list-style-type: none"> • Tests in progress: test to evaluate the student learning during frontal lessons • Self-assessment tests: yes • Final profit exam: oral exam
Evaluation criteria	<ul style="list-style-type: none"> • Knowledge and understanding <ul style="list-style-type: none"> ○ Defining energy needs ○ describe the body compartments • Applying knowledge and understanding <ul style="list-style-type: none"> ○ Know the scientific basis to evaluate nutritional needs • Autonomy of judgment <ul style="list-style-type: none"> ○ Assessing the suitability of a diet • Communicating knowledge and understanding <ul style="list-style-type: none"> ○ Clear presentation • Communication skills <ul style="list-style-type: none"> ○ lexical competence • Capacities to continue learning <ul style="list-style-type: none"> ○ Critical assessment of the use and efficacy of a diet
Criteria for assessment and attribution of the final mark	<p>The written test consists of a quiz with a duration of 1 hour. The written test is passed if the exact answers exceed 60%.</p> <p>The oral exam consists of an interview with the candidate concerning the topics covered during the frontal lessons. The final grade is awarded in thirtieths. The exam is considered passed when the vote is greater than or equal to 18.</p>
Additional information	