COURSE DATA

DATA SUBJECT

Code: 33967
Name: Communitary Nutrition
Cycle: Undergraduate Studies
ECTS Credits: 6
Academic year: 2025-26

STUDY (S)

Degree	Center	Acad. year	Period
1205 - Degree in Human Nutrition and Dietetics	Facultat de Farmàcia i Ciències de L'alimentació	4	First quarter
1211 - Double Degree in Pharmacy and Human Nutrition and Dietetics	Facultat de Farmàcia i Ciències de L'alimentació	6	First quarter

SUBJECT-MATTER

Degree	Subject-matter	Character
1205 - Degree in Human Nutrition and Dietetics	Community nutrition	COMPULSORY
1211 - Double Degree in Pharmacy and Human Nutrition and Dietetics	Asignaturas obligatorias del PDG Farmacia-Nutrición Humana y Dietética	COMPULSORY

COORDINATION

LOZANO RELAÑO MANUEL

GOZALBO MONFORT MONICA

QUILES BESES JUAN MANUEL

SUMMARY

Community Intervention. Responsible Consumption. Identification of Nutritional Problems in the Community. Community Nutrition Study Methods. Evaluation of Community Nutrition Programs. Communal Catering. Nutritional Information for Consumers. Dietary Counseling in Primary Care. Cultural Diversity and Nutrition. Dietary Patterns and Advice of Emigrant Populations in the Host Country.

The course aims to engage students in an educational process that encompasses a broad set of knowledge, values, attitudes, and skills linked to the concepts of sustainability, contributing to the achievement and implementation of the Sustainable Development Goals (SDGs). The course will address various objectives, with a strong emphasis on the defense of human rights, gender equality, and women's empowerment.

PREVIOUS KNOWLEDGE

RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

There are no specified enrollment restrictions with other subjects of the curriculum.

OTHER REQUIREMENTS

We recommend having studied the materials of Statistics, Nutrition and Dietetics.

COMPETENCES / LEARNING OUTCOMES

1205 - Degree in Human Nutrition and Dietetics

Adquirir la formación básica para la actividad investigadora, siendo capaces de formulas hipótesis, recoger e interpretar la información para la resolución de problemas siguiendo el método científico, y comprendiendo la importancia y las limitaciones del pensamiento científico en materia sanitaria y nutricional.

Asesorar y consensuar modificaciones en la composición del menú y modo de preparación de los aportes dietéticos con los responsables de empresa de restauración colectiva, restaurantes, comedores sociales, comedores escolares, comedores de empresa y cocina hospitalaria.

Colaborar en la planificación de políticas alimentarias- nutricionales para la educación alimentaria y nutricional de la población.

Conocer las organizaciones y los sistemas de salud nacionales e internacionales, así como las políticas de salud.

Conocer y manejar la terminología básica de nutrición comunitaria.

Desarrollar la profesión con respeto a otros profesionales de la salud, adquiriendo habilidades para trabajar en equipo.

Design, intervene in and implement programmes and policies of education and training in diet and nutrition.

Design and conduct nutritional assessments to identify the needs of the population in terms of food and nutrition, and identify the determinants of nutritional health.

Encourage and participate in the initiatives carried out by the media as regards diet and health.

Estudiar las diferentes comunidades que son acogidas en nuestro país, como punto de partida del estudio del patrón nutricional de las comidas y de las adaptaciones alimentarias que hay que tener en cuenta de acuerdo a sus creencias religiosas.

Know, judge and know how to use and apply the sources of information related to nutrition, food, lifestyles and health.

Know about the cultural and religious diversity as a point for action on nutrition.

Know the application of programmes for monitoring the state of health from the collective point of view and as a strategy for the control of nutritional quality and food safety.

Participar en el análisis, planificación, intervención y evaluación de estudios epidemiológicos y en programas de intervención en alimentación y nutrición en diferentes áreas.

Realizar la comunicación de manera efectiva, tanto de forma oral como escrita, con las personas, los profesionales de la salud o la industria y los medios de comunicación, sabiendo utilizar las tecnologías de la información y la comunicación especialmente las relacionadas con nutrición y hábitos de vida.

Recognise one's own limitations and the need to maintain and update professional competence, with particular emphasis on independent and lifelong learning of new facts, products and techniques in the field of nutrition and food, and on motivation for quality.

Reconocer los elementos esenciales de la profesión del dietista-nutricionista, incluyendo los principios éticos, responsabilidades legales y el ejercicio de la profesión, aplicando el principio de justicia social a la práctica profesional y desarrollándola con respeto a las personas, sus hábitos, creencias y culturas, con perspectiva de género.

Study the process of globalisation, nutrition transition and social development in developing countries as a guideline for action on social and international community nutrition.

DESCRIPTION OF CONTENTS

1. Community Nutrition. Food Policies. Nutrition Education.

1.1. Community nutrition. Areas of action for community nutrition. Functions of the community nutritionist. Systems that support community nutrition.

1.2. Food Policies . Organizational structure of food policies. Components of food policies. Nutritional information and surveillance systems. Intervention strategies.

1.3. Nutritional education. Factors that influence the formation of eating habits. Process of changing eating behavior. Educational methods.

2. Community Nutrition Assessment.

2.1. Collection of dietary data in groups.

2.2. Nutritional evaluation of specific groups.

2.3. Processing of nutritional data in specific groups.

2.4. Evaluation, report writing and proposals for community intervention.

3. Planning and design of community nutrition education projects.

3.1. Community nutrition education plans, programs and projects.

3.2. Phases of the cycle of a community nutrition education project.

3.2.1. Planning and design of a community nutrition education project.

3.2.2. Implementation of a community nutrition education project.

3.2.3 Evaluation of a community nutrition education project.

3.3. Planning and design of projects tailored to public and private funding calls.

4. Practices.

4.1. Nutritional education in different areas of action for specific groups:

- Pregnant women
- Childhood
- Adolescence
- Active adult
- Pre-menopausal women
- Third age
- Vulnerable groups (disabled, migrant groups, soup kitchens)

4.2. Development of dietary guides for a specific group.

WORKLOAD

PRESENCIAL ACTIVITIES

Activity	Hours
Tutorials	2,00
Theory	42,00
Seminar	2,00
Computer classroom practice	10,00
Total hours	**56,00**

NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	0,00
Individual or group project	0,00
Independent study and work	94,00
Preparation of lessons	0,00
Preparation for assessment activities	0,00
Resolution of case studies	0,00
Total hours	**94,00**

TEACHING METHODOLOGY

During the activities, both theoretical and practical, examples of applications of the subject content in relation to the Sustainable Development Goals (SDGs) will be provided.

The development of the subject is structured in:

Theoretical and practical classes: These will be held in weekly sessions of one or two hours. A total of 42 one-hour sessions will be required to cover this teaching aspect. Theoretical classes will include lectures, a nutritional assessment of a specific group, and a community nutrition project for the group being assessed using the flipped classroom methodology. The professor will present the most relevant content of the subject, using the audiovisual media necessary for a smooth and coherent delivery of the classes. The professor will make the necessary materials available on the "Virtual Classroom" teaching support platform, well in advance, for proper follow-up of the theoretical classes. Theoretical classes primarily allow for the acquisition of knowledge, and contribute to a lesser extent to the acquisition of procedures and attitudes. The professor will monitor attendance.

As part of the theoretical and practical classes, students may be asked to participate in Educational Innovation projects developed by the teaching staff responsible for the subject.

Practical sessions: These are **mandatory** . They are held in three sessions, each lasting 3 hours and 20 minutes. An audiovisual dietary guide will be designed and presented for a specific group based on a completed community nutrition project. The flipped classroom methodology will be used. The practical classes contribute primarily to the acquisition of skills, and to a lesser extent, to attitudes and knowledge .

Seminars: These are **mandatory** for enrolled students. Two seminars will be held following the coordinated seminar guidelines indicated on the degree website.

Tutorials: These are **mandatory** . Students will attend them in organized groups. There will be two in total, distributed at the beginning and end of the semester. Each tutorial will last one hour. During these sessions, the professor will assess the students' learning process comprehensively and guide them on the most useful working methods for solving any problems they may encounter.

EVALUATION

In accordance with the provisions of the Community Nutrition course, the assessment of knowledge,

competencies, and skills will be conducted through continuous evaluation throughout the course. The following parameters will be considered for assessment:

a) Carrying out individual and/or collective projects related to the nutritional and dietary assessment of a specific group, in which the acquisition of skills and attitudes defined ad hoc for the subject will be assessed, as well as the work developed by the students and the knowledge of basic procedures and concepts;

b) Written tests in which the degree of general knowledge of theoretical-practical concepts and procedures presented for each topic will be evaluated;

c) student attitude, assessable through individual and group tutorials, practical classes and seminars presented and discussed in the classroom;

d) attendance at theoretical and practical classes;

e) Student participation in teaching innovation projects that involve the subject;

The evaluation will be distributed as follows:

- Acquisition of theoretical and practical concepts through written tests.

- Acquisition of skills through the nutritional and dietary assessment of a group and the implementation of a community nutrition project.

- Practical sessions in which a dietary guide for a specific group will be developed and presented.

- Seminar preparation: written work and presentation. The scientific content of the work, as well as the ability to present and debate with the faculty and among students, will be assessed.

- Attendance at formal tutoring sessions.

To pass the subject it is necessary to have obtained **a minimum score of 5 out of 10**.

Evaluation of theoretical and practical content: The result of this evaluation will represent a maximum of 60% (6 points out of 10) of the final grade for the subject through written tests of multiple choice and true/false type.

Competency Assessment: This will contribute a maximum of 15% (1.5 points out of 10) of the final grade for the course, through the submission and assessment of the community nutrition project developed in the classroom during the course. The project constitutes the continuous assessment of the subject and must be completed in person in the classroom. Students must have attended at least 80% of the classes to count toward the total assessment for the course.

Assessment of practical sessions: These are mandatory. The grade obtained in this assessment will represent a maximum of 10% (1 point out of 10) of the final grade for the course. These sessions will evaluate the student's ability to implement the acquired knowledge in the development and presentation of an audiovisual food guide based on a community nutrition project aimed at a specific group.

Assessment of interdisciplinary work: This is mandatory. The seminar completed will contribute a maximum of 10% (1.0 point out of 10) to the final grade for the course. Seminar assessment will take into account the written work, presentation, defense, and proposed activities, in accordance with the regulations for coordinated seminars available on the degree website. The level of understanding of the content, as well as the skills for presentation and discussion , will be evaluated.

Evaluation of formal tutorials: Tutorials will be graded with a maximum of 5% (0.5 points out of 10). This grade will take into account the completion of the proposed tasks. Attendance is mandatory.

The written test must achieve a minimum score of 5 points out of 10 so that the rest of the evaluable aspects (deliverable project, practical work, seminars, and tutorials) can be counted toward the final grade.

In the event that the student passes tutorials and seminars, but does not take the theory exam, the grade will be **Not Presented** in the first call of the course, but in the second call of the course and subsequent calls, the grade will be **Fail**.

If you fail the subject in the **first sitting**, the grade obtained in the submitted project, practical classes, and tutorials will be retained until the second sitting.

If the subject is failed in the **second sitting**, the practicals do not have to be repeated during the following two academic years.

In the case of **seminars**, repeating students will retain their semester and course grades for the academic year in which they took them and the following two years. After this period, the student must retake the corresponding seminars. This does not exempt them from attending the seminars.

Repeating students must complete the classroom work corresponding to the **continuous assessment** (since it involves attending 80% of the classes) to obtain the corresponding grade, as well as attend and complete the **tutorial** tasks .

Participation in Educational Innovation projects developed by the teaching staff responsible for the subject or developed at the Center may increase the final grade by a maximum of 5% (0.5 points out of 10), provided that the final grade for the subject has been exceeded by more than 5 (out of 10).

Any blatant copying or plagiarism of any assignment that forms part of the assessment, as well as the undeclared or unauthorized use of Artificial Intelligence tools, will result in the inability to pass the course, and the student will be subject to the appropriate disciplinary procedures. Please note that, in accordance with Article 13.d) of the University Student Statute (RD 1791/2010, of December 30), it is the student's duty to refrain from the use of or cooperation in fraudulent procedures in assessment tests, in the work

completed, or in official university documents.

In the event of fraudulent practices, the procedure will be followed as determined by the "Protocol for action against fraudulent practices at the University of Valencia" (ACGUV 123/2020): https://www.uv.es/sgeneral/Protocols/C83sp.pdf

Practical sessions, tutorials, and seminars are mandatory and therefore non-recoverable, in accordance with Article 6.5 of the UV Assessment and Grading Regulations for Bachelor's and Master's degrees. If, for a justified reason, you cannot attend any of these activities, you must notify us with sufficient notice. This will allow the teaching staff responsible for the subject to assign you to a session in another group.

Written tests will be conducted according to the schedule established by the Center, with no possibility of changing the date or time, except in cases of force majeure as regulated by Article 9 of the University of Valencia's evaluation and grading regulations.

REFERENCES

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- Castillo Hernández, JL. Nutrición Comunitaria: método y estrategias. Ed. Elsevier. 2023.
- Gil A. Tratado de Nutrición. 4 tomos. 2ª edición. Madrid: Acción Médica; 2010.
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