COURSE DATA

DATA SUBJECT

Code: 36368
Name: Dietetic
Cycle: Undergraduate Studies
ECTS Credits: 6
Academic year: 2026-27

STUDY (S)

Degree	Center	Acad. year	Period
1212 - Degree in Gastronomic Sciences	Facultat de Farmàcia i Ciències de l'alimentació	2	Second quarter

SUBJECT-MATTER

Degree	Subject-matter	Character
1212 - Degree in Gastronomic Sciences	Nutrition and dietetics	COMPULSORY

COORDINATION

GALVEZ LLOMPART MARIA

SUMMARY

The subject of Dietetics, which is compulsory and carries 6 ECTS credits, is taught in the second semester of the second year of the Bachelor's Degree in Gastronomic Sciences. Its aim is for students to acquire basic knowledge of general dietetic concepts, their application at different physiological stages of life, and their relationship with health.

The main objective is for students to understand the nutritional needs of the population and to know how to adjust them within a balanced and varied diet, as well as to learn about appropriate dietary guidelines for various nutritional and chronic pathologies. Students are expected to be able to interpret and apply the knowledge acquired in this subject in their professional practice.

PREVIOUS KNOWLEDGE

RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

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

OTHER REQUIREMENTS

For adequate achievement in this subject, it is recommended that students have previously completed

the subjects of Nutrition and Bromatology.

COMPETENCES / LEARNING OUTCOMES

1212 - Degree in Gastronomic Sciences

Adquirir la formación básica para formular 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.

Be able to distribute time appropriately for carrying out individual or group tasks.

Be able to engage in new fields of gastronomy in general through independent study.

Diseñar ofertas gastronómicas atractivas, saludables y adecuadas a las características del establecimiento y expectativas del mercado.

Elaborar y manejar los escritos, informes y procedimientos de actuación más idóneos para los problemas suscitados y utilizando un lenguaje no sexista.

Have knowledge and understanding in the field of gastronomic sciences.

Know about nutrients, their function in the organism, bioavailability, needs and recommendations, and the basis of energy and nutritional balance.

Learn the fundamentals for using the scientific equipment directly related to professional activity.

Saber aplicar esos conocimientos al mundo profesional, contribuyendo al desarrollo de los Derechos Humanos, de los principios democráticos, de los principios de igualdad entre mujeres y hombres, de solidaridad, de protección del medio ambiente y de fomento de la cultura de la paz con perspectiva de género.

Students must have the ability to gather and interpret relevant data (usually in their field of study) to make judgements that take relevant social, scientific or ethical issues into consideration.

DESCRIPTION OF CONTENTS

1. DIET AND HEALTH

In this unit the relationship between diet and health studies, laying the groundwork for a balanced diet.
1.1. Dietetics: history and current definition.
1.2. Balanced or healthy diet.

2. INDIVIDUAL FOOD, AND ADJUSTMENTS TO CHANGES IN THE VARIOUS STAGES OF LIFE

This power unit in the healthy adult, modifications and adaptations at different stages of life is studied.

2.1. Process for making individualized diet. Interrogation food. Ways to plan a balanced diet.
2.2. Food healthy adult.
2.3. Feeding the pregnant woman and the nursing mother.
2.4. Infant feeding.
2.5. Feeding preschool and school children.
2.6. Food teenager.
2.7. Food in middle age and during menopause.
2.8. Food in geriatric age.

3. FOOD IN SPECIAL SITUATIONS

In this unit different situations that should make dietary modifications are studied.
3.1. Food motivated by personal, cultural or religious preferences: vegetarian, macrobiotic, Ketogenic, disassociated ... power ..
3.2.Food in the practice of physical activity. Sports nutrition and gastronomy.
3.3. Feeding in food intolerances and allergies.
3.4. Food in chronic nutritional diseases: overweight / obesity, diabetes, HTA, etc. Food and dietary recommendations.

4. THE MENU AS A DIETARY UNIT

- Structure and distribution of meals
- Preparation and evaluation of dietary sheets
- Interpretation of recipes
- Scandal and cost of the full menu

WORKLOAD

PRESENCIAL ACTIVITIES

Activity	Hours
Theory	45,00
Laboratory	10,00
Computer classroom practice	5,00
Total hours	**60,00**

NON PRESENCIAL ACTIVITIES

Activity	Hours

Attendance at other activities	0,00
Individual or group project	10,00
Independent study and work	60,00
Preparation of lessons	15,00
Preparation for assessment activities	5,00
Resolution of case studies	0,00
Total hours	**90,00**

TEACHING METHODOLOGY

The course is structured as follows:

Theory classes: The main methodology will be traditional lectures, delivered in weekly sessions of one hour. The instructor will present the essential concepts and content of each topic, supported by audiovisual resources to ensure a smooth and coherent session. The necessary materials for proper class follow-up will be made available well in advance on the Virtual Classroom teaching support platform. Attendance to these sessions will also be monitored.

Practical classroom sessions: Applied questions and problems related to the theoretical content will be proposed, which students must analyze and solve.

Practical sessions (laboratory and computer room): Attendance is mandatory. During these sessions, students will use the "Practice Notebook," which includes a brief theoretical introduction and the protocol to follow. It is the student¿s responsibility to complete the notebook and submit it to the instructor at the end of the session for correction. Additionally, the most relevant calculations will be reviewed during the practical classes.

Seminars: Attendance and participation are mandatory for enrolled students. Seminars will be organized in groups of four students, who will prepare and present a topic during the seminar, including a written report and a 20-minute oral presentation. Deadlines and dates will be posted in advance on the course¿s virtual classroom.

The report must be submitted electronically to the tutor. The written report should be between 10 and 20 pages long and must follow the formatting and bibliographic guidelines established in the Final Degree Project (TFG) regulations for the Degree in Gastronomic Sciences.

The reports will be presented during the seminars, and all group members must actively participate in the presentation. After the presentation, a discussion will be opened for all attendees to participate.

The seminar evaluation will consider both the scientific content and the quality of the presentation, with special emphasis on the ability to communicate and convey ideas and concepts using language appropriate to an academic setting, as well as on integration and collaboration within the group.

EVALUATION

The assessment of learning¿knowledge, competencies, and skills¿will be conducted through continuous evaluation throughout the course. The following will be evaluated:
- Theoretical and practical knowledge through a final written exam, which will include open-ended questions, multiple-choice questions, and/or alternative response questions (true/false) with reasoning.
- Preparation of individual and/or group reports corresponding to various activities carried out in the classroom, computer lab, and laboratory.
Preparation and participation in seminars: written work and oral presentation.

- Other tasks assigned throughout the course.
- Student attitude, assessed through individual and group tutorials as well as participation in practical classes and seminars.
- Class attendance.

The **evaluation** will be distributed by percentage as follows:

- Evaluation of theoretical content: carried out through the final written exam, accounting for **7 points** of the total grade.

- Evaluation of laboratory practices: represents **1.5 points** of the final grade, divided equally between the correction of the practical notebooks (50%) and the completion of practical questions in the final written exam (50%). **Failure to attend laboratory practices will result in not being able to pass the course.**

- Evaluation of seminars: contributes up to **1 point** to the final grade. Attendance will also be considered; unjustified absences will result in a zero for this part.

- Evaluation of classroom tasks: represents **0.5 points** and corresponds to the tasks completed during practical classes. The grade will be adjusted based on the number of tasks completed.

To pass the course, a minimum overall score of 5 out of 10 on the theoretical exam is required. Therefore, the course cannot be passed if:

A minimum score of 5 out of 10 is not achieved on the theoretical exam.

A total course grade of 5 or higher is not obtained.

If the course is not passed in the second exam session, it will not be necessary to repeat the laboratory practices during the following two academic years.

Furthermore, students repeating the course will retain the grades obtained in seminars and classroom tasks during the same two-year period.

Copying or blatant plagiarism of any evaluation task will result in failure to pass the course and will be subject to the appropriate disciplinary procedures.

It should be noted that, according to Article 13.d) of the University Student Statute (Royal Decree 1791/2010, of December 30), it is the student's duty to refrain from using or cooperating in fraudulent practices during evaluations, coursework, or official university documents.

In the event of fraudulent practices, actions will be taken according to the ¿Protocol for Action Against Fraudulent Practices at the University of Valencia¿ (ACGUV 123/2020):

https://www.uv.es/sgeneral/Protocols/C83.pdf

REFERENCES

- Referencia b1: SALAS-SALVADÓ, J. Nutrición y dietética clínica. Barcelona : Elsevier, cop. 2014
- Referencia b2: MARTÍNEZ, J.A. y María del Puy Portillo Baquedano. Fundamentos de nutrición y dietética : bases metodológicas y aplicaciones. Ed. Médica Panamericana (Madrid). 2011
- Referencia b3: MAHAN, L.K., ESCOTT-STUMP, S. AND RAYMOND, J.L. Krause's food & the nutrition care process. Elsevier/Saunders 12th ed. c2008.
- Referencia b4: Olveira Fuster, Gabriel, ed. Manual de nutrición clínica y dietética (2a. ed.). España: Ediciones Díaz de Santos, 2007. ProQuest ebrary. Web. 28 June 2015.

- Referencia c1: Gil-Hernández, A. Tratado de nutrición. Ed. Médica Panamericana, 2010
- Referencia c2: Muñoz Hornillos, M., Aranceta Bartrina, J., García-Jalón de la Lama, I. Nutrición aplicada y dietoterapia. Pamplona: Eunsa, 1999