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| COURSE CODE: | NTD 103 |
| COURSE TITLE: | Introduction to Human Nutrition and Dietetics |
| NUMBER OF UNITS: | 2 Credits |
| COURSE DURATION: | Two hours per week |

COURSE DETAILS:

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| Course Coordinator: | Akinyemi C. O. |
| Email: | akinyemimide@yahoo.com |
| Office Location: | Dept of Nutrition and Dietetics |
| Other Lecturers: | Sanni, S.A., Afolabi, W.A.O. |

COURSE CONTENT:

This course introduces the student to the basics issues in human nutrition and dietetics. The roles of the nutritionists and dietitian to the clients, other members of the health care team and the community at large will be discussed. Contemporary issues in nutrition and dietetics will also be mentioned.

COURSE REQUIREMENTS:

Students are expected to participate in all course activities and a minimum of 75% attendance to qualify for writing the final examination. Students are expected to attend all classes in order to perform quality work and successful completion of all assignments.

READING LIST:

Roles, responsibilities and professional expectations of dietetics professional. Patients – dietetics professionals' relationship. Contemporary issues in dietetics: functional foods, culture and dietetics, etc. Definition & history of the science of nutrition; carbohydrates, fats, protein, vitamins, minerals, water, cellulose and sources

LECTURE NOTES

Week 1

- Introduction to the course
 - Course contents
- Definitions: Nutrition, Dietetics, Dietitian, Diet therapy, Nutritionist, Nutrients, Nutrient density, Malnutrition, Nutritional status, Nutritional value, etc.

Week 2

- History of the science of nutrition including the prescientific era, early scientific era, studies in metabolism, discovery of vitamins etc.
- History of nutrition in Nigeria including the founders of nutrition in Nigeria

Week 3

- Role of nutrition in development and growth
- Introduction to nutrients and classes of nutrients

Week 4

- Sources, Types and Functions of carbohydrate.

Week 5

- Sources, Types and Functions of Protein

Week 6

- Sources, Types and Functions of Fats

Week 7

- Roles and responsibilities of dietitians in the hospital and community.
- Roles of various members of the health care team.

Week 8

- Expectations of dietetics professional.
- “Code of ethics”, “code of conduct” and “standards of practice”

Week 9

- Functional foods

Week 10

- Culture and dietetics

Week 11

- Nutrition and the Human Genome

Week 12

- Revision
- Class Test

Reading Lists:

- **Food** and Human Nutrition (Biochemical Integration) by Onigbinde A.O. (2001) Ilepeju Pub. Benin, Nigeria
- Human and Applied Nutrition. Akinjayeju, O. (2010). Concept pub. Ltd, Lagos. 249pp.
- Perspectives in Nutrition by Wardlaw, G.M. and Kessel, M. (2002) 5TH Ed. McGraw-Hill, USA

The following websites will be helpful:

- International Confederation of Dietetic Associations (ICDA) - www.internationaldietetics.org
- Dietitians of Canada (DC) - www.dietitians.ca
- British Dietetic Association (BDA) - www.bda.uk.com
- American Dietetic Association (ADA) - www.eatright.org
- The International Life Sciences Institute (ILSI) - <http://www.ilsa.org>
- Current Journal articles on topics.

Note: Other related reference books and journals should be available at the University library. You are strongly encouraged to consult them.