

Course Description Nutrition and Diet therapy (2025-2026)

1. Course Name:	Nutrition and Diet therapy			
2. Course Code:	WNR-31-04			
3. Semester / Year:	First trimester\2025-2026			
4. Description Preparation Date:	25\9\2025			
5. Available Attendance Forms:	Paper lectures in college halls, and electronic lectures on the university website			
6. Number of Credit Hours (Total) / Number of Units (Total)	Total (2) Hours weekly \ theory (2)unite			
7. Course administrator's name (mention all, if more than one name)				
Name: DR. Fatimah Fadil Jawad				
Email: fatimah.al@uowa.edu.iq				
8. Course Objectives				
Course Objectives	Students should be able to apply knowledge gained from the class to support a healthy lifestyle for themselves and their families. They should gain experience in critical thinking, reading scientific literature, communicating ideas in nutrition and understanding how it affects daily life. Students should be able to understand the difference between science and pseudoscience in nutrition, between facts and wild extrapolations that pass for			
9. Teaching and Learning Strategies				
Strategy	<ol style="list-style-type: none"> 1. Lecture 2. Group discussion 3. Assignment 			
10. Course Structure				
Week	Hours	Unit or subject name	Learning method	Evaluation method
1.	2 hour	An Overview of Nutrition	lecture	Quiz
2.	2 hour	Digestion, Absorption and Transport	Lecture and discussions	Quiz
3.	2 hour	Carbohydrates: Sugars, Starches, and Fibers	Lecture and discussions	Quiz

4.	2 hour	Carbohydrates: health, diabetes, athletic performance	Lecture and discussions	Quiz
5.	2 hour	Protein: Amino Acids	Lecture and discussions	Quiz
6.	2 hour	The Lipids: Triglycerides, Phospholipids, and Sterols	Lecture and discussions	Quiz
7.	2 hour	(mid exam)1		
8.	2 hour	Energy Balance and Body Composition	Lecture	Quiz
9.	2 hour	Weight Management: Overweight, Obesity, and Underweight/athletic performance	Lecture	Quiz
10.	2 hour	The Water-Soluble Vitamins: B Vitamins and Vitamin C	Lecture	Quiz
11.	2 hour	The Fat-Soluble Vitamins: A, D, E, and K	Lecture	Quiz
12.	2 hour	Water and Major Minerals / The Trace Minerals	Lecture	Quiz
13.	2 hour	Planning a Healthy Diet/ (mid term)2	Lecture	Mid2
14.	2 hour	Nutrition during pregnancy	Lecture and discussions	Quiz
15.	2 hour	World Hunger/Food sustainability	discussions	Quiz
16.		Selected Topics from remaining chapters including food safety, food additives, nutrition impact on aging and disease risk.		

11. Course Evaluation

1 st month exam.	10%
2 nd month exam.	10%
Class activities and attendance	5 %
Assignment	5%
Final theory exam.	70%

Total 100%

Learning and Teaching Resources

- Whitney/Rolfes - Bundle: Understanding Nutrition, Loose-leaf Version, 15th + MindTap® Nutrition, 1 term (6 months) Printed Access Card
- **Applied Nutrition** including Dietetics and Applied Biochemistry for Nurses_4e

<https://ncert.nic.in/textbook/pdf/kehe103.pdf>

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Authors: Venkatraman Sreemathy, Sucheta P. Dandekar

Therapeutic Nutrition – EPSLO Alignment (Nursing – 3rd Year)

Domain	EPSLO	Description	Example in Therapeutic Nutrition	Student Learning Outcomes
Cognitive	EPSLO-1	Apply theoretical nutritional knowledge in nursing practice	Explaining how nutrients affect chronic diseases	<ul style="list-style-type: none"> • Describe nutrients and functions • Explain nutrition–disease relationship • Classify therapeutic diets
Skills	EPSLO-3	Apply nutritional interventions safely and effectively	Planning diets for diabetic, renal, cardiac patients	<ul style="list-style-type: none"> • Plan and implement diets • Monitor and adjust diet based on response • Teach healthy food preparation
Values	EPSLO-2	Demonstrate professional, ethical, and culturally sensitive behavior	Respecting cultural food preferences during diet planning	<ul style="list-style-type: none"> • Respect dietary beliefs • Show empathy for restricted diets • Display ethical behavior in nutrition education



The Lecturer of nutrition and diet nutrition Nursing

Dr. Fatimah Fadel jawad