



### Course Overview

Course code	1701242-2
Course title	Basic nutrition
Level / semester	Semester 2 / level 2
Credit hours	Theoretical: 2
	Practical:0
Language	English
Name of course coordinator	Dr. Amr Rezq
Course objectives	By the end of this course, the students will be able to: <ol style="list-style-type: none"><li>1- This course will allow students to know the differences between food, nutrition and nutrients</li><li>2- This course will allow students to demonstrate and estimate the daily requirements of nutrients.</li><li>3- This course will allow students to know what is malnutrition of nutrients.</li><li>4- This course will allow students to know what is the relationship between human health and nutrition.</li><li>5- Understand the food component and know the description of meals.</li><li>6- Recognize the sources of each nutrient.</li><li>7- Know the factors that affect human nutrition.</li><li>8- Know the methods on nutritional assessment.</li></ol>
Course contents	<ul style="list-style-type: none"><li>- Introduction- Aim of the course –definition of course outline</li><li>Description of course plane - determine course requirements</li><li>- Concepts of nutrition science</li><li>- Carbohydrates.</li><li>- Protein.</li><li>- Fats.</li><li>- Energy Balance</li><li>- Water soluble Vitamins.</li><li>- Fat soluble Vitamins.</li><li>- Water</li><li>- Major minerals.</li><li>- Trace Minerals.</li><li>- Diet therapy in some chronic diseases</li></ul>
Students' assessment methods	<ol style="list-style-type: none"><li>1. Short assays exam.</li><li>2. Multiple-choice exam.</li><li>3. Lecture quizzes.</li><li>4. Report assignment.</li></ol>

Marks distribution

<i><b>METHOD OF STUDENTS EVALUATION</b></i>	<i><b>Marks</b></i>
<b>SEMESTER ACTIVITIES</b>	<b>=10%</b>
1 <sup>st</sup> Theoretical quiz	<b>= 20%</b>
2 <sup>nd</sup> Theoretical quiz	<b>= 20%</b>
<b>FINAL THEORTICAL EXAM</b>	<b>= 50%</b>
<b>TOTAL</b>	<b>= 100 %</b>