



**Jordan University of Science and Technology**  
**Faculty of Agriculture**  
**Nutrition & Food Technology Department**

NF281 Principles Of Nutrition

Summer Semester 2021-2022

**Course Catalog**

3 Credit Hours. Food and nutrients; macro- and micro-nutrients, their sources. Food digestion, absorption, metabolism, and function.

**Text Book**

<b>Title</b>	Understanding Normal and Clinical Nutrition
<b>Author(s)</b>	Whitney, E., Pinna K., and Rolfes S.
<b>Edition</b>	10th Edition
<b>Short Name</b>	Ref#1
<b>Other Information</b>	

**Instructor**

Name	Dr. HANA ALKHALIDY
Office Location	C4L2
Office Hours	
Email	haalkhalidy@just.edu.jo

**Class Schedule & Room**

Section 1:  
Lecture Time: Sun, Mon : 11:30 - 13:00  
Room: M2008

Prerequisites		
Line Number	Course Name	Prerequisite Type
911031	CHEM103 General Chemistry	Prerequisite / Study
961030	BT103 General Biology	Prerequisite / Study

Tentative List of Topics Covered		
Weeks	Topic	References
Weeks 1, 2	An overview of nutrition: introduces nutrition definition, factors affecting food choices, definition of nutrients and the dietary reference intakes from nutrients.	From <b>Ref#1</b>
Weeks 3, 4	Digestion, absorption, and transport: describes the gastrointestinal tract and the accessory organs anatomy and physiology.	From <b>Ref#1</b>
Weeks 4, 5	The Carbohydrates: Sugars, starches, and fibers: introduces the carbohydrates classes, and describes their structure, digestion, absorption, metabolism, function, and the recommended intake from each of the classes.	
Week 6	The lipids: triglycerides, phospholipids: introduces the lipids family, and describes their structure, digestion, absorption, metabolism, function, dietary resources, and the recommended intake from each of the classes.	From <b>Ref#1</b>
Weeks 7, 8	Protein: describes the building blocks of proteins, protein structure, digestion, absorption, metabolism, function, dietary resources, quality, and the recommended intake from protein.	From <b>Ref#1</b>
Weeks 9, 10	Water-soluble vitamins: presents the differences between vitamins and the macronutrients, and describes the water-soluble vitamins structure, function, deficiency and toxicity symptoms, bioavailability, absorption, and the recommended intake from each vitamin.	From <b>Ref#1</b>
Week 11	Fat soluble vitamins: describes the fat soluble vitamins structure, function, deficiency and toxicity symptoms, bioavailability, absorption, and the recommended intake from each vitamin.	From <b>Ref#1</b>
Week 12	Water and major minerals: describes the function of water in the human body and the recommended intake from water. Also, it gives an overview of the major minerals, their function, deficiency and toxicity symptoms, dietary resources and the dietary recommended intake from them.	From <b>Ref#1</b>
Week 13	Trace minerals: an overview of the trace minerals, their function, deficiency and toxicity symptoms, dietary resources and the dietary recommended intake from them.	From <b>Ref#1</b>
Weeks 14, 15	Planning a healthy diet: presents an overview of the basics for planning of a healthy diet.	From <b>Ref#1</b>

Mapping of Course Outcomes to Program Student Outcomes	Course Outcome Weight (Out of 100%)	Assessment method
Be familiar with the definition of nutrition science and the factors that make nutrition essential for the health and well-being throughout life. [1SLO1]	20%	
Recognize the digestive system and other accessory organs involved in the digestion, absorption, and utilization of nutrients. [1SLO1]	10%	

Distinguish between the different nutrients, their structure, function, dietary resources, nutritional requirements, and health impact. [1SLO1]	60%	
To practice presenting basic nutrition-related information. [1SLO5]	10%	

Relationship to Program Student Outcomes (Out of 100%)				
SLO1	SLO2	SLO3	SLO4	SLO5
90				10

Evaluation	
Assessment Tool	Weight
First exam	20%
Second exam	20%
Quizzes	10%
Project	10%
Final exam	40%

Policy	
Class format, work load and the teaching and learning methods	<p>This course will be taught in English and will account for 3 credit hours per semester totaling 48 hours that are divided among the following:</p> <ul style="list-style-type: none"> <li>- The use of PowerPoint slides presented by the instructor and provided as soft and hard copies for students.</li> <li>- Small group discussions and in-class activities.</li> <li>- The use of social media and communication between students is encouraged to enhance the learning experience.</li> <li>- In-class revision sessions and discussion in preparation for exams.</li> <li>- Students will work during this course for at least 3 hours outside the classroom.</li> </ul>
Exams	The exams will include a variety of questions; true or false, multiple choice, fill in the blanks, and essay questions. Students should get at least 50% to pass the course consistent with the university guidelines.
Cheating	Plagiarism or any other form of cheating in examinations, term tests or academic work is subject to serious academic penalty. Cheating in examinations or tests may take the form of copying from another student or bringing unauthorized materials into the exam room (e.g., crib notes or cell phones). Exam cheating can also include exam impersonation. A student found guilty of contributing to cheating in examinations, or term assignments are also subject to serious academic penalty.
Attendance	Consistent with Jordan University of Science and Technology guidelines, students absent from regularly scheduled examinations because of authorized University activities will have the opportunity to take them at an alternate time. No make-up exams will be given for unexcused absences.
Participation	Participation and discussion are encouraged for earning additional points (extra credits).
Withdraw	Consistent with Jordan University of Science and Technology guidelines.