



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

NF485 Nutritional Education
First Semester 2022-2023

Course Catalog
2 Credit Hours. Factors affecting type of food consumption by community and individuals. preparation of programs to educate people for proper eating. Food treatment, handling, and cooking as related to nutritious meals.

Text Book	
<b>Title</b>	basic nutrition counseling skill development
<b>Author(s)</b>	Bauer K, Sokolik C
<b>Edition</b>	3rd Edition
<b>Short Name</b>	Ref 1
<b>Other Information</b>	

Instructor	
Name	Dr. Hadil Subih
Office Location	C5L3
Office Hours	
Email	hssubih@just.edu.jo

Class Schedule & Room
Section 1: Lecture Time: Mon : 08:30 - 09:30 Room: M2008

Prerequisites		
Line Number	Course Name	Prerequisite Type
633823	NF382 Diet Therapy 2	Prerequisite / Study

Tentative List of Topics Covered		
Weeks	Topic	References
Week 1	Introduction	From Ref 1
Weeks 2, 3, 4	Preparing to meet your client	From Ref 1
Weeks 5, 6	Meeting your client	From Ref 1
Weeks 7, 8, 9	Building a relationship	From Ref 1
Weeks 10, 11, 12	Developing a nutrition care plan: Putting it all together	From Ref 1
Weeks 13, 14	Promoting change to facilitate self-management	From Ref 1
Weeks 15, 16	Making behavior change last	From Ref 1

Mapping of Course Outcomes to Program Student Outcomes	Course Outcome Weight (Out of 100%)	Assessment method
Understand the skills of preparing and meeting the clients [1SLO4]	25%	
Identify body language and communication skills [1SLO4, 1SLO5]	30%	
Identify behavior change theories and when to implement each theory while increasing the motivation of the clients [1SLO1]	20%	
implement and evaluate behavior change and goals/objectives achievement [1SLO4, 1SLO5]	25%	

Relationship to Program Student Outcomes (Out of 100%)				
SLO1	SLO2	SLO3	SLO4	SLO5
20			52.5	27.5

Policy	
Exams	Students who arrive late for a quiz or exam will not be given extra time. If a student arrives to a quiz or exam after another student has left the room, the late student will not be allowed to take the quiz or exam.
Cheating	Cheating is prohibited. If caught, student will fail the class.
Attendance	Students are expected to attend and participate in class.
participation	Students are encouraged to participate in class discussion
withdraw	Students can withdraw from the class based on university deadline

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