



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

NF488 Nutrition Through Life Cycle

Second Semester 2021-2022

Course Catalog

3 Credit Hours. Nutrition application for growth, biochemical and behavioral changes at all age levels. Psychological, economic, and cultural implication of food

Text Book

Title	Nutrition Through the Life Cycle.
Author(s)	Brown, Judith.
Edition	5th Edition
Short Name	Ref#1
Other Information	

Instructor

Name	Dr. HANA ALKHALIDY
Office Location	C4L2
Office Hours	Sun : 09:30 - 12:30 Tue : 09:30 - 11:30 Wed : 13:00 - 14:00 Thu : 10:30 - 11:30
Email	haalkhalidy@just.edu.jo

Class Schedule & Room

Section 1:

Lecture Time: Mon : 10:00 - 11:30

Room: C5025

Section 2:

Lecture Time: Wed : 10:00 - 11:30

Room: C5025

Prerequisites

Line Number	Course Name	Prerequisite Type
633813	NF381 Diet Therapy 1	Prerequisite / Study

Tentative List of Topics Covered

Weeks	Topic	References
Week 1	Review of Nutrition: goes briefly over the nutrition science components; nutrients and their impact on health.	From Ref#1
Weeks 2, 3	Preconception Nutrition: describes the prerequisites to fertility and conception, and the factors, including the diet and lifestyle, which may affect fertility in both males and females.	From Ref#1
Weeks 4, 5	Pregnancy Nutrition: describes the physiological changes and the dietary needs during pregnancy. Also, it emphasizes on the critical periods during pregnancy which may affect the health of the mother and the pregnancy outcome.	From Ref#1
Weeks 6, 7	Lactation Nutrition: describes the benefits of lactation for the mother, infant, and society. Also, it covers the nutritional needs during this period for the lactating mother.	From Ref#1
Weeks 8, 9	Infant Nutrition: describes the physiological changes and the nutritional needs for infants.	From Ref#1
Week 10	Toddler/Preschooler Nutrition: describes the physiological changes and the nutritional needs for toddlers and preschoolers.	From Ref#1
Week 11	Child/Preadolescent Nutrition: describes the physiological changes and the nutritional needs for children and preadolescents.	From Ref#1
Week 12	Adolescent Nutrition: describes the physiological changes and the nutritional needs for adolescents.	From Ref#1
Week 13	Nutrition for Adults: describes the nutritional needs for adults for maintaining and prevention of diseases.	From Ref#1
Week 14	Nutrition and the Elderly: describes the physiological changes through the aging process and the nutritional needs for elderly to maintain quality of life and prevent diseases.	From Ref#1

Mapping of Course Outcomes to Program Student Outcomes	Course Outcome Weight (Out of 100%)	Assessment method
Be familiar with the primary stages in the life span and the physiological and developmental changes that occur during each stage. [1SLO1]	30%	

Distinguish between the different nutritional requirements in each of the life stages. [1SLO1]	40%	
Identify nutrition-related problems and medical conditions that may occur during life stages due to nutritional abnormalities. [1SLO4]	30%	

Relationship to Program Student Outcomes (Out of 100%)				
SLO1	SLO2	SLO3	SLO4	SLO5
70			30	

Evaluation	
Assessment Tool	Weight
Midterm exam	50%
Final exam	50%

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"> - The use of PowerPoint slides presented by the instructor and provided as soft and hard copies for students. - Small group discussions and in-class activities. - The use of social media and communication between students is encouraged to enhance the learning experience. - In-class revision sessions and discussion in preparation for exams. - Students will work during this course for at least 3 hours outside the classroom.
Exams	<p>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.</p>
Cheating	<p>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.</p>

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.

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