

Jordan University of Science and Technology
Faculty of Agriculture
Department of Nutrition and Food Technology
Semester 2007

Course Information	
Course Title	MOTHER AND CHILD NUTRITION
Course Number	NF 775
Instructor	Bayan Obeidat, PhD
Office Location	C4L3
Office Phone	22205
Office Hours	---
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Teaching Assistant	

Text Book	
Title	Nutrition Through the Life Cycle
Author(s)	Brown J.E
Publisher	Wadsworth, Belmont. CA.
Year	2005
Edition	2th ed
Book Website	
References	Worthington-Roberts B.S. Nutrition in Pregnancy and Lactation, 6th ed., 1997. WCB/ McGraw-Hill. NY. Trahms C.M. and Pipes P.L. Nutrition in Infancy and Childhood, 6th ed., 1997. WCB/ McGraw-Hill. NY.

Assessment Policy		
Assessment Type	Expected Due Date	Weight
First Exam		25%
Project		15%
Final Exam		50%
Assignments		10%

Course Objectives		Weights
1) Identify nutrition issues among females of reproductive age that can affect the ability to become pregnant and outcomes of pregnancy		20%
2) Describe the relationship between the physiological changes that occur during pregnancy and the increased nutritional needs of women during pregnancy		25%
3) Develop counseling for pregnant women based on physiological and nutritional factors that play a part in fetal development and mother's medical history		15%
4) Identify dietary changes appropriate for treating nutrition-related issues during pregnancy, such as gestational diabetes and iron deficiency anemia		20%
5) Discuss the benefits and limitations of breastfeeding vs. bottle-feeding for postpartum women and their infants as well as the selection of formula for infants		10%
6) Describe the progress of the introduction of solid foods for infants, including developmental clues, types of foods introduced and timing of food introductions		10%

7) Discuss the relationships between food intake, psychosocial development and physiological needs among toddler and preschool children	
8) Understand the factors that may affect nutritional status and development in children with chronic disease	
9) Identify and evaluate the resources (public health and community programs) available in the area of maternal, infant, and child nutrition.	
10) Develop and implement a nutrition-education project related to the mother or the child.	

Teaching & Learning Methods
PowerPoint Data Show

Useful Resources
<p>Great web link http://www.pbs.org/wgbh/nova/miracle/program.html http://www.mypyramid.gov/ http://www.healthierus.gov/dietaryguidelines/index.html http://www.healthy-baby.org/HowMuchWeight.htm http://www.nutrition.gov/ http://www.cfsan.fda.gov/~dms/foodlab.html http://www.fns.usda.gov/fns/ http://www.cdc.gov/nccdphp/dnpa/physical/index.htm http://www.nhlbi.nih.gov/index.htm http://www.nal.usda.gov/fnic/etext/000105.html http://www.cdc.gov/ Facts about Vitamin A: http://ods.od.nih.gov/factsheets/vitamina.asp</p>

Course Content		
Week	Topics	Chapter in Text (handouts)
1	Preconception Nutrition	(Chapter 2 & 3)
	Nutrition during Pregnancy	(Chapter 4 & 5)
	Nutrition and Lactation	(Chapter 6 & 7)
	Infant Nutrition	(Chapter 8 & 9; Chapter 5 *)
	Toddler & Preschool Nutrition	(10 & 11)
	Group Project Presentation	

*Trahms C.M. and Pipes P.L. *Nutrition in Infancy and Childhood*, 6th ed., 1997. WCB/ McGraw-Hill. NY.

Additional Notes	
Cheating	Honestly is expected in all academic work. While tem-work is encouraged, all work should reflect your efforts and thoughts. When using material from different references or "quotes", be sure to give credit to the original source
Presentation	Students will sign up for topics during the second week of class. Students will choose a particular topic of interest. For the selected topic, review the current literature, textbooks, reliable Internet resources and any other reference (Minimum: must include at least 10 scientific (i.e. peer-reviewed) sources and health organization recommendations. articles and a . Each student should complete a class presentation of his/her topic. The oral presentation should be approximately 30-35 minutes.