

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

Course Information	
Course Title	Diet planning
Course Number	NF 482
Prerequisites	NF 383
Course Website	Not Available
Instructor	Hiba Bawadi, Ph.D.
Office Location	C4L3
Office Phone	22263
Office Hours	S and T 9:15-10:15
E-mail	hbawadi@just.edu.jo
Teaching Assistant	None
Course Description	

Text Book	
Title	<i>Basic Nutrition Counseling Skill Development</i>
Author(s)	Bauer and Sokolik
Publisher	Wadsworth
Year	2001
Edition	1 st
Book Website	www.wadsworth.com
Text Book	
Title	<i>Manual of the clinical dietetics</i>
Author(s)	The Chicago Dietetic Association, the South Suburban Dietetic Association, Dietitians of Canada
Publisher	American dietetic Association (ADA)
Year	2000
Edition	6 th
Book Website	www.eatright.org

Assessment Policy		
Assessment Type	Expected Due Date	Weight
First Exam	11/3/2007	25%
Second Exam	22/4/2007	25%
Final Exam	TBA	40%
Assignments	Home works given through out the semesters	10

Course Objectives	Weights
1. Determination of energy needs norms of body weight, body fat, other anthropometric measurement.	10%
2. Dietary guidelines for healthy people	10%
3. Diet planning according to the food guide pyramid	10%
4. Diet planning according to DASH	10%
5. Diet planning according to the food exchange system	10%
6. Evaluation of diet Quality, INQ, DQI, HEI	10%
7. Diet planning for toddlers and preschool children	5%
8. Diet planning for school-age children	5%
9. Diet planning for adolescents	5%
10. Diet planning for pregnancy	5%
11. Diet planning for lactation	5%
12. Diet planning for older adults	5%
13. Diet planning for vegetarians	5%
14. Diet planning during Ramadan	5%

Teaching & Learning Methods
Students are engaged in hypothetical practice situations and respond to questions. Students receive a feedback identifying strengths and learning. Learning methods will include transparencies, PowerPoint presentations, chalk board.

Learning Outcomes: Upon successful completion of this course, students will be able to		
Related Objective(s)		Reference(s)
1-5	Conduct nutrition assessment and plan health diet based on several food management tools, and evaluate the diet planned	Bauer and Sokolik : Chapter 1-2 ADA: Chapter 1-2 www.mypyramid.gov
7-12	Plan diets for individuals in different stages of life cycle	ADA: Chapter 4-9
13-14	Plan diets during religious fasting : vegetarian, Ramadan	ADA: Chapter 10 Diet during Ramadan Mohammad Zafar A. Nomani. Int. J. Ramadan Fasting Research, 3:1-6, 1999

Useful Resources
www.eatright.org
www.mypyramid.gov
www.usda.gov
Handouts and class notes available at JUST shop off-campus

Course Content		
Week	Topics	Chapter in Text (handouts)
1	Determination of energy needs norms of body weight, body fat, other anthropometric measurement.	ADA: 1-2
2	Dietary guidelines for healthy people	Bauer and Sokolik : Chapter 1-2
3	Diet planning according to the food guide pyramid	www.mypyramid.gov
4	Diet planning according to DASH	ADA: Chapter 19
5, 6	Diet planning according to the food exchange system	Bauer and Sokolik : Chapter 1-2
7	Evaluation of diet Quality, INQ, DQI, HEI	Bauer and Sokolik : Chapter 1-2
8	Diet planning for toddlers and preschool children	ADA: Chapter 4
9	Diet planning for school-age children	ADA: Chapter 5
10	Diet planning for adolescents	ADA: Chapter 6
11	Diet planning for pregnancy	ADA: Chapter 7
12	Diet planning for lactation	ADA: Chapter 8
13	Diet planning for older adults	ADA: Chapter 9
14	Diet planning for vegetarians	ADA: Chapter 10
15	Diet planning during Ramadan fasting	Diet during Ramadan Mohammad Zafar A. Nomani. Int. J. Ramadan Fasting Research, 3:1-6, 1999

Additional Notes	
Assignments	Late assignments will not be accepted
Exams	No make up exams unless you have an emergency with documented and accepted excuse
Cheating	Cheating is prohibited. If caught, student will be fail the class
Attendance	Is obligatory