

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

Course Information	
Course Title	NUTRITION THROUGH LIFE CYCLE
Course Number	NF 488
Prerequisites	NF 383
Course Website	---
Instructor	Bayan Obeidat, PhD
Office Location	C4L3
Office Phone	22205
Office Hours	----
E-mail	obeidatb@just.edu.jo
Teaching Assistant	-----
Course Description	
This course investigates the role of nutrition and dietary factors on the growth, development, and maintenance of health of individuals from birth through aging.	

Text Book	
Title	Nutrition Through the Life Cycle
Author(s)	Brown, J.E.
Publisher	Wadsworth, Belmont. CA.
Year	2005
Edition	2nd

Assessment Policy		
Assessment Type	Expected Due Date	Weight
First Exam		25%
Second Exam		25%
Final Exam		40%
Assignments		5%
Quizzes		5%

Course Objectives	Weights
Describe the physiological changes associated with each stage of the life cycle and the impact of these changes on nutritional needs.	20%
Identify the specific nutrient recommendations for each age group and the roles that these nutrients have in the body.	25%
Describe the factors influencing food choices during the various stages of life.	15%
Discuss nutrition-related concerns of each stage of the life cycle.	20%
Describe and use assessment parameters and tools relevant to each stage of the life cycle.	10%
Discuss current research on special topics of interest related to each stage of the life span.	10%

Teaching & Learning Methods

In class: Case study discussion and other activities

PowerPoint

Course Content

Week	Topics	Chapter in Text (handouts)
1	Nutrition Basics	Ch. 1
	Nutrition during Pregnancy	Ch. 4 & 5*
	Nutrition during Lactation	Ch. 6 & 7*
	Infant Nutrition	Ch. 8 & 9*
	Toddler and Preschool Nutrition	Ch. 10 & 11*
	Child and Preadolescent Nutrition	Ch. 12 & 13*
	Adolescent Nutrition	Ch. 14 & 15*
	Adult Nutrition	Ch 16 & 17*
	Nutrition and the Elderly	Ch 18 & 19*

Additional Notes

Quizzes	Pop quizzes- will be given on material discussed in class. Make-up of quizzes will not be allowed
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, pagers or cell phones). Exam cheating can also include exam impersonation. A student found guilty of contributing to cheating in examinations or term assignments is 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.
Workload	--
Graded Exams	25, 40
Participation	----
Laboratory	----
Projects	-----