

Course unit title	NUTRITION AND DIETETICS
Course unit code	BPS(SK)/3-1.4
Type of course unit	Compulsory
Level of course unit	First cycle
Year of study (if applicable)	Second year
Semester/	Fall semester
Number of ECTS credits allocated	2 ECTS
Learning outcomes of the course unit	<p>Upon completion of the course unit, students will be able to:</p> <p>LO1 explain the principles of nutrition science, nutrition standards and nutrient metabolism;</p> <p>LO2 describe food composition, physiological significance of nutrients and food allergens;</p> <p>LO3 apply the principles of food hygiene, food poisoning prevention and healthy eating education;</p> <p>LO4 prepare meal plans and dietary recommendations according to patients' health conditions.</p> <p>LO5 evaluate the effect of prescribed diet on the patient's health status;</p> <p>LO6 explain the organisation of dietary treatment in healthcare and social care institutions.</p>
Mode of delivery	Blended learning
Prerequisites and co-requisites	Biomedical Sciences; Fundamentals of Health Care.
Course contents	Introduction to nutrition science. Medical norms and state standards. Nutrient metabolism. Food composition, physiological significance of nutrients and food allergens. Food hygiene. Food poisoning and prevention. Principles of healthy eating education. Body mass index assessment and patient education on healthy nutrition. Fundamentals of dietetics. Principles of diet planning. Meal planning. Analysis of diet planning according to the patient's health status. Organisation of dietary treatment in healthcare and social care institutions.
Planned learning activities and teaching methods	Lectures, practical classes, case analysis, meal planning exercises, group discussions, independent study.
Assessment	Test – 60%. Practical work – 40%.
Language of instruction.	English
Work placement(s)	Utenos kolegija Higher Education Institution Faculty of Medicine