Subject Description Form

Subject Code	FSN4101
Subject Title	Diet and Disease
Credit Value	3
Level	4
Pre-requisite	FSN3411 Principles of Nutrition FSN3417 Life Cycle Nutrition
Objectives	To equip students with understanding of the etiology and physiology along with the nutrition requirements and concerns of common acute and chronic health conditions, and to enable students in applying those principles in nutrition management for the primary and secondary prevention of the diet-related non-communicable diseases.
Intended Learning Outcomes	Upon completion of the subject, students will be able to: a. Understand the medical and health terminology associated with nutrition related diseases and conditions; b. Explain the etiology, physiology and metabolic abnormalities of acute and chronic disorders; c. Apply nutrition principles for disease prevention and management; d. Formulate judgements on nutritional statuses and requirements by analysing related data.
Subject Synopsis/ Indicative Syllabus	<u>Energy and nutrient requirements during acute and chronic illnesses</u> Estimation of energy, fluid, macro- and micro-nutrients and special skills in nutrition assessment in both community and clinical settings. <u>Weight Management and Obesity</u> Etiology of obesity and its health consequences; principles of weight management; Nutritional management of obesity. <u>Malnutrition</u> Etiology of malnutrition and its health consequences; nutritional screening for early identification of malnourished individuals; nutritional management to prevent and revert malnutrition. <u>Cancers</u> Etiology and epidemiology of cancers; common carcinogenic and cancer-preventing dietary substances; dietary management for cancer patients <u>Gastrointestinal conditions</u> Etiology of common gastrointestinal conditions, such as constipation, gas

	bloating, diarrhoea, inflammatory bowel syndrome, and the corresponding nutritional management and intervention approaches. <u>Metabolic syndrome</u> Etiology of diabetes, atherosclerosis, hypertension, dyslipidaemia and their health consequences. Common dietary substances influencing blood pressure and metabolism of corresponding macro-nutrients. Dietary management and intervention of metabolic syndrome. <u>Gout</u> Etiology and symptoms of gout. Common dietary substances contributing to the progression of gout and the corresponding nutritional management strategies.
Teaching/Learning Methodology	Lectures are delivered to provide students with general outlines of the subject and the essential knowledge. Tutorials are designed to demonstrate students on the application of lecture content in the formulation of dietary advice and management strategies for various health conditions.

Assessment Methods in Alignment with Intended Learning Outcomes

Specific assessment methods/tasks	% weighting	Intended subject learning outcomes to be assessed (Please tick as appropriate)				
		a	b	c	d	
1. Group project	30%	√	√	√	√	
2. Tests	20%	√	√	√		
3. Examination	50%	√	√	√	√	
Total	100 %					

Test:
It is used to assess the students' understanding of nutrition principles and their application to age-related disease prevention and management. They are used to assess the learning outcomes a, b and c.

Group project:
The students are required to do group project on the case studies of assessing data related to the health and nutritional status of individuals with different nutritional needs or health conditions and formulate dietary advice and management strategies. They are used to assess the learning outcomes a, b, c and d.

Examination:
It is used to assess the understanding of the role of nutrition in the prevention

	and management of common diseases/health conditions and the practical skills to manage such diseases/health conditions. It is used to assess the learning outcomes a, b, c and d.	
Student Study Effort Required	Class contact:	
	▪ Lecture	26 Hrs.
	▪ Tutorial	10 Hrs.
	▪ Presentation	3 Hrs.
	Other student study effort:	
	▪ Self-study	82 Hrs.
	Total student study effort	121 Hrs.
Reading List and References	Bloch, A. S. (2007). Issues and choices in clinical nutrition practice. Philadelphia: Lippincott Williams & Wilkins. Coulston, A.M., (2017). Nutrition in the prevention and treatment of disease (4th ed.). London: Academic Press. Elia, M., Ljungqvist, O., Stratton, R. J., Lanham-New, S. A., & Davies, D. S. (2013). Clinical Nutrition (2nd ed.). John Wiley & Sons. Mahan, L.K. & Raymond, J.L., (2017). Krause's Food and Nutrition Therapy (14th ed.). Louis, Missouri: Elsevier. Moore, M.M. (2009). Pocket guide to nutritional assessment and care (6th ed.). St. Louis, Missouri: Mosby Elsevier. Munoz, N. & Bernstein, M. (2019). Nutrition assessment: clinical and research applications. Burlington, MA: Jones & Barlett Learning. Stanner S, Thompson R, Buttriss J, eds. (2009). Healthy Ageing: The Role of Nutrition and Lifestyle, British Nutrition Foundation, Wiley-Blackwell, Oxford UK.	