Subject Description Form

Subject Code	FSN4104
Subject Title	Nutrition Practical II
Credit Value	2
Level	4
Pre-requisite	FSN3411 Principles of Nutrition
Objectives	This subject is intended to introduce the theory and application of nutrition to improve health. Emphasis is focused on nutrition assessment, diet analysis, for specified individuals and groups.
Intended Learning Outcomes	Upon completion of the subject, students will be able to: a) Understand the general principles underpinning, and strengths and limitations of, common methods of assessment of nutritional status b) Conduct dietary assessments and anthropometric assessment using various methods while understanding the strength and limitations of each method; c) Assess the nutritional status of individuals using results from dietary assessments, nutrition surveys or biomarkers of corresponding nutrients.
Subject Synopsis/ Indicative Syllabus	<u>Introduction to nutrition assessment</u> Nutrition surveys, nutrition surveillance, nutrition screening, nutrition interventions and assessment systems in the clinical settings. - Theory and methods of investigating the dietary, nutrient and activity pattern of the general population, sub groups and the individuals - Scientific basis for the measurement and estimation of nutritional requirements, dietary reference values for general population - Role of Nutritionist/Dietitian in Nutrition Education and counselling, Scope, Ethics, standards – Afn standards of Ethics, Conduct and Performance <u>Nutrition assessment methods</u> General principles; overview and strengths and limitations of anthropometric, biochemical, clinical, dietary, functional and physiological methods; assessment of nutritional status through different types of biomarkers (i.e., functional, recovery, concentration and predictive); consequences of nutritional deficiency <u>Diet Analysis</u> Calculate nutrient content of foods for individuals or groups; use of food consumption databases and food composition tables; interpret and report nutrition related data.

<table>
<tr><td></td><td>Nutrition assessment throughout life cycle
Changes in nutritional needs with age, gender, physical activity, lifestyle in human.
Nutrition assessment during Pregnancy, Lactation, Infancy, Childhood, Adolescent, Adults, Elderly.</td></tr>
<tr><td>Teaching/Learning Methodology</td><td>Lectures are designed to provide students with he fundamental principles and facts of nutritional assessments will be explained.

Tutorials and Practical are designed to provide students with the opportunity to apply and consolidate the knowledge gained from the lecture. Students are required to collect data from the practical sessions and write practical reports. Analytical and writing skills from practical reports will be assessed.

In-depth exercises and case studies are held in the tutorials to consolidate and integrate their knowledge. In laboratory sessions, students will have hand-on experience in practicing nutritional assessment (anthropometric measurement, dietary assessment etc).</td></tr>
<tr><td>Assessment Methods in Alignment with Intended Learning Outcomes</td><td>
<table>
<tr><td rowspan="2">Specific assessment methods/tasks</td><td rowspan="2">% weighting</td><td colspan="6">Intended subject learning outcomes to be assessed (Please tick as appropriate)</td></tr>
<tr><td>a</td><td>b</td><td>c</td><td></td><td></td><td></td></tr>
<tr><td>1. Test</td><td>20%</td><td>✓</td><td></td><td>✓</td><td></td><td></td><td></td></tr>
<tr><td>2. Reports/ Assignments</td><td>30%</td><td>✓</td><td>✓</td><td>✓</td><td></td><td></td><td></td></tr>
<tr><td>3. Final examination</td><td>50%</td><td>✓</td><td>✓</td><td>✓</td><td></td><td></td><td></td></tr>
<tr><td>Total</td><td>100 %</td><td colspan="6"></td></tr>
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Explanation of the appropriateness of the assessment methods in assessing the intended learning outcomes:

1. Test:
It is used to assess the students' understanding of the principles of nutritional assessment. It is used to assess the learning outcomes a and c.

2. Reports/Assignments:
Individual practical reports are used to assess the students' practical skills of using various
assessment methods to conduct nutritional assessments.
The students are required to do individual assignments and case analysis on applying various nutrition assessment methods to assess the nutrition status for individuals with different nutritional needs or health conditions. They are used to</td></tr>
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	assess the learning outcomes a, and b. **3. Examination:** It is used to assess the It is used to assess the students' understanding and application on the knowledge of nutritional assessments for individuals at different life stages. It is used to assess the learning outcomes a, b and c.	
Student Study	Class contact:	
	▪ Lectures	20 hours
	▪ Tutorial/Seminar	2 hours
	▪ Practical	4 hours
	Other student study effort:	
	▪ Assignment writing	24 hours
	▪ Self-study	30 hours
	Total student study effort	80 hours
Reading List and References	Munoz, N. & Bernstein, M. (2019). Nutrition assessment: clinical and research applications. Burlington, MA: Jones & Barlett Learning. FAO. Dietary Assessment: A resource guide to method selection and application in low resource settings. Rome, 2018. Ghazi Daradkeh, M. Hohamed Essa Nejib Guizani. Handbook for Nutritional Assessment through life cycle, Nova Publishers, New York, 2016. Julie A Lovegrove, Leanne Hodson, Sangita Sharma, Susan A Lanham-New. Nutrition Research Methodologies, John Wiley & Sons, 2015.	