



The Hebrew University of Jerusalem

Syllabus

NUTRITION IN THE LIFE CYCLE - 65647

Last update 02-02-2022

HU Credits: 2

Degree/Cycle: 1st degree (Bachelor)

Responsible Department: Nutrition Sciences

Academic year: 0

Semester: 2nd Semester

Teaching Languages: English

Campus: Rehovot

Course/Module Coordinator: Dr. Aliza Stark

Coordinator Email: Aliza.Stark@mail.huji.ac.il

Coordinator Office Hours: Sunday 12-13

Teaching Staff:

Dr. Aliza Stark

Course/Module description:

Nutrition in the Life Cycle: Pregnancy, infancy, childhood, adolescence, adulthood, menopause and aging. Characterization of the different populations focusing on physiological and developmental changes. Dietary patterns. Special nutritional needs for each age group. Common deficiencies. Israeli and international nutritional recommendations.

Course/Module aims:

Presentation of nutritional requirements of different healthy populations in the community through understanding the physiological, cognitive, emotional and developmental changes that occur throughout the lifecycle. Understand the lifespan approach to healthy nutrition.

Learning outcomes - On successful completion of this module, students should be able to:

Make nutritional recommendations for healthy populations at all ages and stages of development. Identify and overcome barriers to healthy eating.

Attendance requirements(%):

75

Teaching arrangement and method of instruction: Lecture and reading of current literature

Course/Module Content:

Lifespan approach to nutrition

- Determining optimal nutritional recommendations*
- Pregnancy: Prenatal recommendations, Physiological changes, special nutritional needs. Breast feeding.*
- Infant nutrition: Growth and Development.*
- Toddler Nutrition: Growth and Development.*
- Nutritional needs of School Aged Children: School programs to promote balanced nutrition.*
- Adolescent Nutrition: Growth and Sexual development. Nutritional needs. Dangerous behaviors. Family Meals.*
- Adult Nutrition: Food insecurity, special needs of women.*

-Elderly Nutrition: The aging process. Physiological changes. Nutritional needs. physiological changes.

Required Reading:

Material listed on MOODLE- Current articles.

Additional Reading Material:

- 1. Nutrition Through the Life Cycle. Brown, J. 6th edition, Boston, Ma. Cengage Learning, 2017 Available online.*
- 2. Mahan, LK, Escott-Stump S, Raymond J. (2017) Krause's Food and the Nutrition Care Process, 14th edition. Elsevier*
- 3. Thurow, R. (2016) First 1,000 days a crucial time for mothers and children--and the world. Electronic First Edition New York : Public Affairs.*

Course/Module evaluation:

End of year written/oral examination 100 %

Presentation 0 %

Participation in Tutorials 0 %

Project work 0 %

Assignments 0 %

Reports 0 %

Research project 0 %

Quizzes 0 %

Other 0 %

Additional information:

Lectures will be recorded to help students review the class information taught in English.

The exam will be in English. Students will be allowed to bring dictionaries to the exam.