



## *The Hebrew University of Jerusalem*

### *Syllabus*

## **MATERNAL & CHILD NUTRITION - 73956**

*Last update 28-09-2023*

*HU Credits:* 3

*Degree/Cycle:* 2nd degree (Master)

*Responsible Department:* Nutritional Sciences - International Prog.

*Academic year:* 0

*Semester:* 1st Semester

*Teaching Languages:* English

*Campus:* Rehovot

*Course/Module Coordinator:* Debra Waldoks

*Coordinator Email:* [debra.waldoks@gmail.com](mailto:debra.waldoks@gmail.com)

*Coordinator Office Hours:* After class or by appointment

*Teaching Staff:*

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Ms. Debra Waldoks

Course/Module description:

*This course presents a detailed introduction to Maternal and Child Health. It provides an overview of Fetal Nutritional Programming and nutrition issues affecting pregnant and postpartum women, females of reproductive age, infants and children. The course will also evaluate maternal-child health practices as well as evidence-based clinical practices from a public health perspective.*

Course/Module aims:

*To provide the most current research and information regarding nutrition during pre-conception through childhood. This course will also provide skills that allow students to objectively analyze new nutrition concepts and research, allowing them to consider which public health programs can be implemented to promote maternal and child health.*

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

- *Describe the development and significance of the Fetal Origins Theory*
- *Understand the importance of pre-conception health care*
- *Describe how fertility can be affected by nutrition*
- *Know the nutrients and health practices that ensure a healthy pregnancy*
- *Understand the physiology of breastfeeding*
- *Define hospital practices that ensure a supportive breastfeeding environment*
- *Identify which nutrients and health practices are important for infants and children*
  
- *Analyze and develop public health programs for women and children*

Attendance requirements(%):

100

*Teaching arrangement and method of instruction: Lecture, class discussion, exercises, presentations*

Course/Module Content:

*Overview and introduction to Fetal Programming  
Preconception nutrition and preconception health care*

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*Fertility Nutrition*

*Nutrition during pregnancy Breastfeeding*

*Baby Friendly Hospital Initiative & Breastfeeding vs. HIV Risk*

*Nutrition during lactation & Food allergies*

*Infant nutrition; Special health care needs Toddler/Preschooler nutrition; Special health care needs*

*Child/Pre-adolescent Nutrition; Special health care needs*

*Required Reading:*

*As posted to Moodle*

*Additional Reading Material:*

*Grading Scheme:*

*Essay / Project / Final Assignment / Home Exam / Referat 30 %*

*Active Participation / Team Assignment 30 %*

*Mid-terms exams 30 %*

*Attendance / Participation in Field Excursion 10 %*

*Additional information:*

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