

## *The Hebrew University of Jerusalem*

### *Syllabus*

## **NUTRITION - 91115**

*Last update 06-10-2020*

*HU Credits:* 2

*Degree/Cycle:* 1st degree (Bachelor)

*Responsible Department:* Nursing - Ein Kerem

*Academic year:* 0

*Semester:* 1st and/or 2nd Semester

*Teaching Languages:* Hebrew

*Campus:* Ein Karem

*Course/Module Coordinator:* Dr Limor Ben-Yacov

*Coordinator Email:* [Limor.Ben-Yacov@mail.huji.ac.il](mailto:Limor.Ben-Yacov@mail.huji.ac.il)

*Coordinator Office Hours:* By appointment

*Teaching Staff:*

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Dr. Limor Ben-Yacov

Course/Module description:

The course presents the contribution of nutrition to health promotion, including, life Cycle and its nutritional requirement, nutritional assessment and nutritional care.

Course/Module aims:

1. Comprehending the basis of nutritional concepts
2. Perceiving the interrelationships between nutritional effects and metabolic systems in human health and disease states
3. Understanding the main dietary recommendations for health promotion and prevention of chronic diseases
4. Experiencing nutritional tools

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

- Understand nutritional factors that impact health
- Present the major nutritional recommendations in health and disease
- Assess nutritional status
- Evaluate and compare food products
- Identify situations that require advice or intervention related to the patient's diet

Attendance requirements(%):

There is no requirement

Teaching arrangement and method of instruction: On-line lectures and student discussions

Course/Module Content:

1. Basic nutritional terms.
2. Central role of nutrients as energy suppliers, building blocks of body components or as modulators of metabolic processes.
3. Energy-balance; energy intake or expenditure components, body composition.
4. Macronutrients: proteins, lipids- functions, types, requirements, metabolism.
5. Carbohydrates, dietary fibers- functions, types, requirements, metabolism. The microbiome.
6. Impaired homeostasis of carbohydrates or lipid metabolism: diabetes mellitus,

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*lactose intolerance, constipation, dyslipidemia*

*7. Micronutrients – vitamins & minerals*

*8. Summary of nutritional Recommendations, based on the Israeli Ministry of Health and the current academic literature*

*9. Nutritional aids such as food groups, nutritional labeling. The Mediterranean pyramid*

*10. Different physiological aspect of obesity, the metabolic syndrome.*

*11. Weight control: Weight regulation by nutritional and medical treatment.*

*12. Nutritional assessment including anthropometric and biochemical parameters*

*Required Reading:*

*No requirement*

*Additional Reading Material:*

*1. ההמלצות התזונתיות החדשות, אגף התזונה, משרד הבריאות הישראלי, 2019.*

*<https://health.gov.il/PublicationsFiles/dietary-guidelines.pdf>*

*2. הנחיות תזונתיות לכלל האוכלוסייה בעת מגפת הקורונה, אגף התזונה, משרד הבריאות הישראלי, 2020.*

*<https://govextra.gov.il/media/18223/nutd-214986720.pdf>*

*3. זילבר-רוזנברג, א. מזון ותזונה בבריאות ובחולי. האוניברסיטה הפתוחה, 2014.*

*4. Berman AT, Snyder S & Frandsen G. (Eds.) Kozier & Erb's Fundamentals of Nursing: Concepts, process and practice. (11th ed.). London, UK: Pearson Prentice Hall. (Nutrition chapter 46). 2020.*

*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:*