

COURSE CODE:	NTD 313
COURSE TITLE:	Diet Therapy 1
NUMBER OF UNITS:	3 Credits
COURSE DURATION:	Five hours per week

COURSE DETAILS:

Course Coordinator:	Akinyemi C. O.
Email:	akinyemimide@yahoo.com
Office Location:	Dept of Nutrition and Dietetics
Other Lecturers:	

COURSE CONTENT:

Diet as therapeutic tool. Drugs and physical therapy. Abnormalities of the GI tract. Therapeutic diets. Diseases of the liver, etc. classification of diets, ulcer diet, diabetic diet, or according to consistency or according to nutrients, high protein, high calories, low protein etc. general principles of diet preparation, personal hygiene, kitchen hygiene etc. Use of food composition to prepare diet.

COURSE REQUIREMENTS:

Students are expected to participate in all course activities and a minimum of 75% attendance to qualify for writing the final examination. Students are expected to attend all classes in order to perform quality work for this course. Information provided during class time will be critical to successful completion of all assignments. All practical work must be done by students.

READING LIST:

LECTURE NOTES

Lecture Content:

Week 1 & 2

- Introduction to the course
 - Course contents
 - Revision of NTD 103
 - The dietitian as a member in the health care team

Week 3 & 4

- Diet as therapeutic tool.
- Defining some Dietetic terms
- Introduce Therapeutic diets

Week 5

- The classification of diets according to consistency or according to nutrients, high protein, high calories, low protein etc.

Week 6 & 7

- General principles of diet preparation, personal hygiene, kitchen hygiene
- Use of food composition to prepare diet.

Week 8

- Therapeutic diets continue.

Week 9

- Drugs and physical therapy

Week 10 & 11

- Abnormalities of the GI tract.

Week 12

- Diseases of liver

Week 13

- Diabetes mellitus

Week 14

- General revision

Practicals

- Planning and preparing routine hospital diets: fluid diet, soft and normal diet.
- Planning, calculation and preparing diets for different disorders.

Reading Lists:

- Mahan, L.K. and S. Escott-Stump, Editors. 2008. Krause's Food & Nutrition Therapy. 12th Edition. W.B. Saunders Company, Philadelphia, PA
- Recent pocket size medical dictionary, such as the Stedman's Medical Dictionary for The Health Professions and Nursing (6th Edition, 2008) from Lippincott, Williams & Wilkins.

- American Dietetic Association. ADA Nutrition Care Manual. Online resource available with subscription (<http://www.eatright.org>).
- Dietitians of Canada. PEN: Practice-based Evidence in Nutrition. Online resource available with subscription. (<http://www.dietitians.ca>).
- Wardlaw, G.M. and A.M. Smith. 2009. Contemporary Nutrition. 7th Edition. McGraw-Hill Ryerson Ltd, New York, NY.
- Up-to-date Food Composition Tables.

Note: Other related reference books and journals should be available at the University library. Past Question Papers are also available in the University library. Students are strongly encouraged to consult them.