

### 3rd Science Module B1306: Human Nutrition (12 ECTS)

Course Co-ordinator: Geraldine Nolan BSc. MSc. Dip. Nut & Diet.  
Dept of Biochemistry (ext 3645) e.mail: geraldine.nolan@nuigalway.ie  
Lectures and Venues: 10.00-11.00 Monday - McMunn Theatre  
14.00-15.00 Wednesday – AC202 Lecture Room on Concourse

The introductory lecture will be on Monday 6th September at 10am in the McMunn Theatre.

#### **Course Content:**

Review of principal nutrients.  
Healthy eating Guidelines  
Assessing nutritional adequacy  
Dietary Assessment Methodology  
Food Consumption Studies  
Achieving dietary change  
Food labelling  
Food safety  
History of the Irish diet  
Diet and People.  
Particular needs and problems of various sectors of the population from infancy to old age and includes different ethnic groups and people with special needs.  
Topics:  
Pregnancy  
Infants  
School aged children  
Adolescents and young adults  
Older People  
Cultural Minorities  
Vegetarians and Vegans  
Diet for Sports.  
Nutritional needs for people with mental disability  
Nutritional needs for people with physical disability.  
Diet and Disease  
Dietary aspects of the prevention and management of diseases which are commonly encountered.  
Topics:  
Coronary Heart Disease  
Obesity  
Eating Disorders  
Diabetes Mellitus  
Cancer  
Food Allergy  
Gastrointestinal disorders  
Inborn errors of metabolism  
Disorders of the kidney and urinary tract.  
Clinical Nutrition  
Nutritional care for patients having Surgery, Trauma, or Burns.  
Topics:  
Enteral Nutrition  
Parenteral Nutrition.  
Effects of drugs on nutrition  
Public Health.  
Role of Nutrition in the community Health Services. Public Health Policy

A practical assignment constitutes 20% of the final mark. This consists of a 3000 word project.