

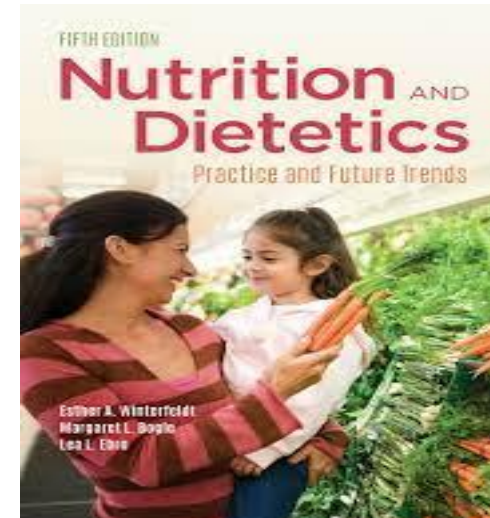
NUT 321

Introduction to Dietetics

Hind Eliyan

Main Textbook

- Dietetics, Practice and Future Trends. Esther A. Winterfeldt; Margaret L. Bogle; Lea L. Ebro, Johns & Bartlett, 5th edition, 2018.



Evaluation

- Presentation 1: 20%
- Personal statement : 10%
- Assignment 2 & Presentation: 30%
- Final exam: 40%

Assignments 1

- **Discuss a specific topic / area in dietetics that you are interested in learning more about**
- **Group presentations**
- **10-15-minute presentation**
- **Use credible resources and proper citation**

Clinical:

- **providing medical nutrition therapy**
- **Define unit, its missions and objectives** (e.g. adult inpatient, dialysis clinics- renal nutrition, oncology, pediatrics etc.)
- **Describe the characteristics of patients in this unit. What will you look out for, what kind of MNT is provided?**
- **Describe the role of the dietitian / do you require a specialty certification to work in this unit?**
- **Discuss different examples**
- **Discuss these departments in Palestine**
- **Recommendations**

Community Nutrition

- **Define the role of community dietitians/importance**
- **Describe set of skills/expertise that enhance working in this field**
- **Work opportunities in Palestine**
- **Examples of programs in Palestine and abroad**
- **Opportunities and need for future programs in Palestine**

Food management

- Dietitians that work in food management plan, organize, direct and evaluate food service systems. Potential in working in food service in schools' universities, health care facilities, hotels
- **Describe food management, the role of dietitians in this field**
- **Role in food production/marketing and Disaster planning and emergency training**
- **Work opportunities in Palestine**
- **Describe detailed examples**
- **Suggest improvements of current utilization of food management and dietetics in Palestine**

Other possible topics

- **Education**
- **Outpatient care- business and consultancy**
- **Private practice**
- **Research**
- **Food and nutrition-related business and industries** (food labeling, marketing, product development or consulting with chefs in restaurants and culinary schools, supplement industry)

Assignment 2

Group presentations:

Discuss these current topics and emerging fields in the dietetics practice

Use 1-2 scientific papers

Use proper citations

20-minute presentations

- Nutritional genomics
- Microbiome
- Functional foods
- Veganism and research behind it
- The health impact of eating red meat- good or bad?
- Genetically Modified Foods
- Organic Foods
- Synbiotics
- Nutrition and mental health
- Nutrition and global warming
- The relationship between diet and cognitive health

Personal statement (1 page paper)

Individual assignment

Your paper should discuss the following points

- Interest in the dietetic field
- Experiences relevant to nutrition and dietetics (work, volunteer, personal experiences) and the skills you gained from these experiences that will help you succeed as a dietitian/ or any other experiences that helped you develop professional skills
- Short term and long-term goals
- What are your strengths and weaknesses or areas needing improvement?

What is a dietitian?

The use of diet in the treatment of disease was already an ancient practice even though it was based more on trial and error than on scientific knowledge

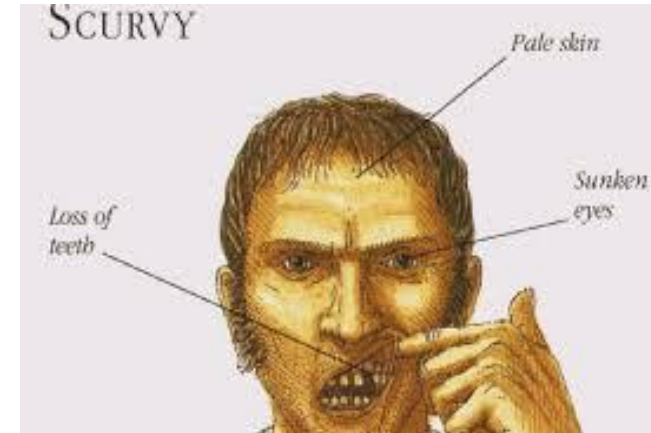
In 1917: recognition of dietitian as a food and nutrition expert

The practice of dietetics began even earlier

The use of diet in the treatment of disease was already an ancient practice even though it was based more on trial and error than on scientific knowledge.

- Religious leaders and scientists and physicians throughout history have been giving recommendations on what to eat and hypothesizing theories- many of those theories were not based on any real science
- Discovery of nutrients in the 19th and 20th century
- Fats, carbohydrates, and amines were known by the mid-1800s
- Vitamins and minerals were not discovered until the early 1900s

- Earliest connections between specific foods and disease
- 1700' Vitamic C and scurvy



Vitamin A

