



Course Descriptor
FSHNN463 Meal planning

ACADEMIC YEAR	2020-21		
Course Code & Title	FSHNN463		
Credit hours	3 (3+0)	Level of study	Bachelor
College / Centre	CAHS/FSHNN		
Co-requisites	Nil	Pre-requisites	FSHNN 362

1. COURSE OUTLINE

This course aims to enable students about principals of meal planning, Students will learn about tools which helps in developing healthy meal planning such as dietary guidelines, food exchange system ,carbohydrate counting , developing and evaluation of diets for different stages of life, diabetes as well as therapeutic diets for cardiovascular diseases, renal and liver diseases.

2. AIMS

Upon completion of this course students will be able to:

1. The students will be able to develop nutritionally adequate diet for individual according to their nutritional need.
2. They will be able to Develop and evaluate nutritionally adequate diet plans for adults with diabetes, renal disease, liver disease, cardiac disease, or obesity considering the individual and cultural preferences.
3. Formulate a nutritionally adequate diet plan for adults and children with Type 2 diabetes by using the Exchange Lists for Diabetes
4. Develop meal plan for adults with food restrictions related to cultural practices Or health status.

3. LEARNING OUTCOMES, TEACHING, LEARNING and ASSESSMENT METHODS (Indicative)

Learning Outcomes (Definitive)	Teaching and Learning methods (Indicative)	Assessment (Indicative)
1. To Discuss about standard dietary guidelines, serving and portion sizes as well as use of nutrition labeling information in meal planning	lectures	<i>Lectures. Quizzes and Assignment</i>
2. To analyze energy requirements for infants, children, adults, and older adults using the U.S. Dietary Reference Intakes (DRIs),	Power point presentations & Online activities	presentations, examination, assignment



Course Descriptor
FSHNN463 Meal planning

3.	To Compare and contrast differences in international food guidance systems	Power point presentations	Quizzes Assignment
4.	To Select appropriate evidence based dietary guidelines for individuals with diabetes, renal disease, liver disease, cardiac disease and obesity	Lectures	On line tests, quizzes and Examination, Assignment
5.	To Formulate a nutritionally adequate diet plan for adults and children with Type 2 diabetes using carbohydrate counting and Exchange Lists for Diabetes .	Lectures	Online tests, quizzes and Examination, Assignment
6.	Develop a nutritionally adequate meal plan for adults with food restrictions related to cultural practices or health status	Lectures ,online activity	Online tests, quizzes and Examination

4. ASSESSMENT WEIGHTING

Assessment	Percentage of final mark (%)
Quizzes	15%
Assignment/Term Project	20%
Mid-Term Exam 1	15%
Participation /attendance	10%
Final Exam	40%
TOTAL	100%

5. ACHIEVING A PASS

Students will achieve **03** credit hours for this course by passing **ALL** of the course assessments and achieving a **minimum overall score of 50 %**

6. COURSE CONTENT (Indicative)

LECTURE TOPIC	TIME (HOURS)
---------------	--------------



Course Descriptor
FSHNN463 Meal planning

6. COURSE CONTENT (Indicative)	
LECTURE TOPIC	TIME (HOURS)
1. Outline Principles of meal planning	3
	3
2. Daily food guide - Basic five food groups use of food groups, labeling Portion size, serving size,	3
3. Dietary Reference Intakes (DRI) and their Use for Individual Diet Planning and Assessment	3
4. Modification of diet Soft diets,blenderized diets ,sodium restricted diets	3
5. Evaluating and Developing Diets for Adults with Diabetes	3
6. CHO Counting/ Food Labels	3
7. Planning diets using food exchange lists	3
8. Planning diets using food exchange lists	3
9. Evaluating and Developing Diets for Adults with Cardiac Disease	3
10. DASH Diet Plan	3
11. Developing diets for adults with kidney diseases	3
12. Chronic kidney disease meal planning	3
13. Evaluating and Developing Diets for Adults with Liver Disease	3
14. Meal planning for GIT disorders	3
15. Planning diet using diet analysis software	3
16 . Revision	
TOTAL HOURS	45
Plus RECOMMENDED INDEPENDENT STUDY HOURS	15
TOTAL COURSE HOURS	60

7. RECOMMENDED READING

Core text/s:

Nutrition for Health and Healthcare by Linda Kelly De Bruyne , Kathryn Pinna 5th edition

Library + online resources:

ADA (American Dietetic Association Manual); 6th edition. Available at:

<http://www.eatright.org>