

**Name of the module: Nutrition for Medical Students**

**Number of module: 47184085**

BGU Credits: 1.5 credit points

ECTS credits: 1.5 credit points

Academic year: 2015

Semester: spring semester

Hours of instruction: 2 full days

Location of instruction: TBD

Language of instruction: the course will be taught in Hebrew.

Cycle: the course will be held in the form of lectures, personal experience and discussions

Position: mandatory class

Field of Education: nutrition

Responsible department: department of public health

General prerequisites: none

Grading scale: passing grade

Course Description: the course focuses on the impact of nutritional exposure on health outcomes using personal experience. Teaching will be held using case studies.

Aims of the module: Expand the knowledge about the relationship between health and illness through nutritional assessment experience and treatment of chronic diseases in adulthood and childhood using case studies. Acquire knowledge on interactions between medical treatment and diet.

Objectives of the module: 1. Expand the understanding of the impact of nutrition on health and disease. 2. To meet and experience dietary assessment methods 3. To acquire knowledge and experience on nutritional treatment in chronic diseases in adulthood and childhood

Learning outcomes of the module: on completion of the course the student should be able to:

1. Understand the need to plan drug treatment with consideration of diet
2. To be familiar with dietary assessment methods including self experience.
3. To understand strategies for nutritional treatment in chronic diseases

Attendance regulation: attendance is obligatory in the course

Teaching arrangement and method of instruction: lectures and workshops

Lecturer: Prof. Danit R Shahar

Contact details:

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Office hours: TBD

Module evaluation: at the end of the course the students will evaluate the module, in order to draw conclusions, and for the university's internal needs

Confirmation: the syllabus was confirmed by the faculty academic advisory committee to be valid on 2014

Last update: 11.2015

Assessment: submitting a paper with personal dietary assessment and analysis

Work and assignments: detailed instructions for the students regarding the final paper will be provided by the beginning of the course. The final assignment will have to be submitted up to 1 week after the end of the course.

Time required for individual work: the students are expected to read and perform their final assignment, which will require about 5 hours in addition to the lectures.

Module Content\ schedule and outlines:

1. Dietary assessment methods-including personal assessment
2. Recommendation for healthy diet-analyzing personal dietary intake in light of the recommendation for healthy diet
3. Obesity and the cardiometabolic patients-dietary approaches
4. Workshop in groups-in-class, actual nutritional treatment experience in the obese/cardiometabolic patient using case studies
5. The interaction between drugs and diet
6. The impact of diet on medication usage
7. Eating disorders-theory
8. Eating disorders-case studies
9. Nutrition in childhood

**Required reading:** Recommended papers and presentations

Additional literature: none

**\* All learning material will be available to the students on the module's website (high-learn)/ library/ electronic documents available to BGU students.**