

SYLLABUS

1. COURSE DESCRIPTION

Degree:	Nutrition and Dietetics
Course:	Childhood Nutrition
Module:	Nutrition and Health Sciences
Department:	Molecular Biology and Biochemical Engineering
Academic Year:	2017-18
Term:	First
ECTS credits:	4.5
Year:	3rd year
Type:	Compulsory
Language:	Spanish

Course Model:	C1	
a. Basic learning (EB):		50 %
b. Practical learning (EPD):		50 %

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2. LECTURERS

2.1. Coordinator: Griselda Herrero Martín

2.2. Lecturers	
Name:	Griselda Herrero Martín
School:	School of Experimental Sciences
Department:	Molecular Biology and Biochemical Engineering
Area:	Nutrition and Bromatology
Office Hours:	Tuesdays and Thursdays: 14.00-14.30 (please, make a previous appointment).
Office:	22.2.01.G
E-mail:	ghermar@upo.es
Phone:	

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3. TOPICS

1. BASIC ASPECTS OF NUTRITION DURING CHILDHOOD.

Unit 1. The average child.

- Childhood stages.
- Neurological development.

Unit 2. Anatomy and physiology of the digestive system in children. Gastrointestinal maturation. Taste and satiety.

Unit 3. Calculation of energy and nutrient needs.

Unit 4. General and specific (due to pathologies) weight and height curves.

Unit 5. Infant nutritional evaluation. Evaluation techniques in paediatrics.

Unit 6. Macronutrients at a paediatric age. Micronutrients at a paediatric age.

2. NUTRITION IN BREASTFED BABIES, CHILDREN AND TEENAGERS

Unit 1. Breastfeeding and lactogenesis. Artificial lactation dairy formulas.

Unit 2. Complementary nutrition, beikos.

Unit 3. Premature baby's nutrition.

Unit 4. Infant and healthy child's nutrition.

Unit 5. Teenagers' nutrition.

Unit 6. Intervention in children's eating behaviour.

-Nutrition inside the family unit.

-Intervention techniques for children's eating behaviour.

Unit 7. Fortified formulas and nutritional supplements during childhood nutrition.

Unit 8. Probiotics and prebiotics during childhood nutrition.

3. NUTRITIONAL CHALLENGES FOR SPECIAL CONDITIONS

Unit 1. Nutritional disorders.

Unit 2. Obesity and metabolic syndrome in children.

Unit 3. Food allergies and intolerances.

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Unit 4. Diabetes in children.

Unit 5. Cerebral palsy and chronic neurological pathology.

Unit 6. Critical and burn care.

Unit 7. Nutrition and cancer in children.

Unit 8. Cystic fibrosis.

Unit 9. Malnutrition in children. Prevention and treatment.

Unit 10. Enteral and parental nutrition.

-Nasogastric intubation.

- Percutaneous endoscopic gastrostomy (PEG).

-Feeding pumps.

-Parental nutrition.

4. CHILDREN IN DIFFERENT COMMUNITIES

Unit 1. Vegetarian nutrition.

Unit 2. Halal and kosher nutrition.

Unit 3. Feeding bottles and human/breast milk banks.

Unit 4. Children's canteens.