

Course Plan of (Basic Nutrition)

II. Course Description

After completion of these course nursing students will be able to acquired knowledge of nutrition for maintenance of optimum health at different stage of life and its application for practice.

IV. Course Content:

A – Theoretical Aspect:

Order	Units/Topics List	Sub Topics List	Number of Weeks	Contact hours
1	Introduction	▪ Nutrition: History, Concepts ▪ Role of nutrition in maintaining health ▪ Nutritional problems in Yemen ▪ National nutritional policy ▪ Factors affecting food and nutrition: socio-economic, cultural, tradition, production, system of distribution, life style and food habits etc ▪ Classification of foods	1	2

		- Food standards - Elements of nutrition: macro and micro - Calorie, BMR		
2	Carbohydrates	- Classification - Caloric value - Recommended daily allowances - Dietary sources. - Functions - Digestion, absorption and storage, metabolism of carbohydrates - Malnutrition: Deficiencies and Over consumption	1	2
3	Fats	- Classification - Caloric value - Recommended daily allowances - Dietary sources. - Functions. - Digestion, absorption and storage, metabolism - Malnutrition: Deficiencies and Over consumption	1	2
4	Proteins	- Classification - Caloric value	2	4

		- Recommended daily allowances - Dietary sources. - Functions. - Digestion, absorption, metabolism and storage - Malnutrition: Deficiencies		
5	Energy	- Unit of Energy - Kcal - Energy requirements of different categories of people. - Measurements of energy. - Body Mass Index (BMI) - Basal Metabolic Rate (BMR) - determination and factors affecting	2	4
6	Midterm exam	Midterm exam	1	2
7	Vitamins	- Classification - Recommended daily allowances - Dietary sources. - Functions. - Absorption, synthesis, metabolism storage and excretion - Deficiencies - Hypervitaminosis	2	4

8	Minerals	- Classification - Recommended daily allowances - Dietary sources. - Functions. - Absorption, synthesis, metabolism storage and excretion - Deficiencies - Over consumption and toxicity	1	2
9	Electrolytes	- Water: Daily requirement, regulation distribution of body water, - Electrolytes: Types, sources, composition of body fluids - Maintenance of fluid & electrolyte balance - Over hydration, dehydration and water intoxication - Electrolyte imbalances	2	4
10	Role of nursing in nutritional programs	- National programs related to nutrition - International agencies working towards food/nutrition - NIPCCD, CARE, FAO, NIN, etc	1	2

Faculty of HIGH Nursing

		- Assessment of nutritional status - Nutrition education and role of nursing		
11		Final exam		
	Number of Weeks /and Units Per Semester		14	28