



Course Teaching Plan

Academic year: 2024 /2025

Semester: 3rd semester

Department: Medical Surgical Nursing

Course name: Applied Nutrition

Course code: MM202

Course credit hours No.: Theoretical (1h/week)

Academic Staff Members	Lectures	Date Day/Week	Place	Teaching Method	The Target Group	Evaluation Methods
Prof. Dr. Amira Ahmed Assist. Prof. Rasha Hassan Assist. Prof. Amal Eid	Unit 1: Introduction to nutrition	1 st week	Classroom teaching	<ul style="list-style-type: none"> ✓ Interactive lectures ✓ Presentations ✓ Assignments 	All Master registered students	Final written exam in 16 th week
	Unit 2: Food Habits	2 nd week				
	<ul style="list-style-type: none"> ✓ Factors Affecting Food Consumption ✓ Some Effects of Culture, Religion, and Geography on Food Behaviors 					
	Unit 3: Proteins and Health	3 rd week				
	<ul style="list-style-type: none"> Protein as a Nutrient Meeting Protein Needs 					
	Unit 4: Carbohydrates and Fats: Implications for Health	4 th week				
<ul style="list-style-type: none"> ✓ Carbohydrates: Characteristics and Effects on Health ✓ Fats: Characteristics and Effects on Health 						
Unit 4: Carbohydrates and Fats: Implications for Health	5 th week					
<ul style="list-style-type: none"> ✓ Carbohydrates: Characteristics and Effects on Health ✓ Fats: Characteristics and Effects on Health 						
Unit 5: Vitamins and Health	6 th week					
<ul style="list-style-type: none"> ✓ The Water-Soluble Vitamins ✓ The Fat-Soluble Vitamins 						



Prof. Dr. Amira Ahmed Assist. Prof. Rasha Hassan Assist. Prof. Amal Eid	Unit 6: Minerals, Water, and Body Processes ✓ The Essential Minerals: Functions, Sources, and Characteristics ✓ Water and the Internal Environment	7 th week				
	Unit 6: Minerals, Water, and Body Processes ✓ The Essential Minerals: Functions, Sources, and Characteristics ✓ Water and the Internal Environment	8 th week				
	Unit 7: Meeting Energy Needs ✓ Energy Balance ✓ The Effects of Energy Imbalance ✓ Weight Control and Dieting	9 th week				
	Unit 8: Nutritional Assessment	10 th week				
	Unit 9: Dietary Supplements	11 th week				
	Unit 10: Food Ecology	12 th week				
	Unit 11: Drugs and Nutrition	13 th week				
	Unit 12: Revision	14 th week				

Teaching staff

Course coordinator

Head of the department

Prof. Dr. Amira Ahmed
Assist. Prof. Rasha Hassan.
Assist. Prof. Amal Eid

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