



Course Teaching Plan

Academic year: 2023 /2024

Semester: 1st 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. Wafaa Ismail Assist. Prof. Eman heggy	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
Prof.Dr. Wafaa Ismail Assist. Prof. Eman heggy	Unit 2: Food Habits <ul style="list-style-type: none"> ✓ Factors Affecting Food Consumption ✓ Some Effects of Culture, Religion, and Geography on Food Behaviors 	2 nd week				
Prof.Dr. Wafaa Ismail Assist. Prof. Eman heggy	Unit 3 : Proteins and Health <p style="text-align: center;">Protein as a Nutrient Meeting Protein Needs</p>	3 rd week				
Prof.Dr. Wafaa Ismail Assist. Prof. Eman heggy	Unit 4: Carbohydrates and Fats: Implications for Health <ul style="list-style-type: none"> ✓ Carbohydrates: Characteristics and Effects on Health ✓ Fats: Characteristics and Effects on Health 	4 th week				
Prof.Dr. Wafaa Ismail	Unit 4: Carbohydrates and Fats: Implications for Health	5 th week				



Assist. Prof. Eman heggy	<ul style="list-style-type: none"> ✓ Carbohydrates: Characteristics and Effects on Health ✓ Fats: Characteristics and Effects on Health 					
Prof.Dr. Wafaa Ismail Assist. Prof. Eman heggy	Unit 5: Vitamins and Health <ul style="list-style-type: none"> ✓ The Water-Soluble Vitamins The Fat-Soluble Vitamins 	6 th week				
Prof.Dr. Wafaa Ismail Assist. Prof. Eman heggy	Unit 6: Minerals, Water, and Body Processes <ul style="list-style-type: none"> ✓ The Essential Minerals: Functions, Sources, and Characteristics ✓ Water and the Internal Environment 	7 th week				
Prof.Dr. Wafaa Ismail Assist. Prof. Eman heggy	Unit 6: Minerals, Water, and Body Processes <ul style="list-style-type: none"> ✓ The Essential Minerals: Functions, Sources, and Characteristics ✓ Water and the Internal Environment 	8 th week				
Prof.Dr. Wafaa Ismail Assist. Prof. Eman heggy	Unit 7: Meeting Energy Needs <ul style="list-style-type: none"> ✓ Energy Balance ✓ The Effects of Energy Imbalance ✓ Weight Control and Dieting 	9 th week				
Prof.Dr. Wafaa Ismail Assist. Prof. Eman heggy	Unit 8: Nutritional Assessment	10 th week				
Prof.Dr. Wafaa Ismail Assist. Prof. Eman heggy	Unit 9: Dietary Supplements	11 th week				



Prof.Dr. Wafaa Ismail Assist. Prof. Eman heggy	Unit 10: Food Ecology	12 th week				
Prof.Dr. Wafaa Ismail Assist. Prof. Eman heggy	Unit 11: Drugs and Nutrition	13 th week				
Prof.Dr. Wafaa Ismail Assist. Prof. Eman heggy	Unit 12: Revision	14 th week				

Teaching staff

Prof.Dr. Wafaa Ismail

Assist. Prof. Eman Heggy

Course coordinator

Assist. Prof. Eman Heggy

Head of the department

Prof. Dr. Wafaa Gamil