

Module Title Life Cycle Nutrition	Reference AS2027 SCQF Level SCQF 8 SCQF Points 15 ECTS Points 7.5 Created August 2002
Keywords Dietary requirements, conception, pregnancy, lactation, children, adolescents, adults, elderly, diabetes mellitus type II, obesity.	Approved September 2004 Amended May 2011 Version No. 4

This Version is No Longer Current

The latest version of this module is available [here](#)

Prerequisites for Module

AS1023 Macronutrients, and
AS1024 Global and Social
Nutrition (or equivalents).

Corequisite Modules

AS2023 Micronutrients.

Precluded Modules

None.

Aims of Module

To provide students with an understanding of the different metabolic demands and nutritional requirements at key stages throughout life and the dietary means to satisfy these, and of diabetes mellitus type II and obesity and their clinical and nutritional management.

Indicative Student Workload

<i>Contact Hours</i>	Full Time
Assessment	2
Lectures	28
Practicals	12
Tutorials	6

Directed Study

Preparation of coursework	12
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Private Study

Private Study	90
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Mode of Delivery

Theoretical material is delivered by lectures and web based materials, supported by tutorials and practical sessions including role play and the involvement of service users and volunteer clients.

Learning Outcomes for Module

On completion of this module, students are expected to be able to:

- 1.Explain the nutritional requirements throughout the stages of the life cycle including factors which affect food choice in relation to current dietary guidelines.
- 2.Explain the medical and dietetic management of diabetes mellitus.
- 3.Explain the development and occurrence of obesity and its medical, surgical and dietetic management.
- 4.Apply knowledge of nutrients, energy content of foods and drinks, nutritional requirements, and standard portion sizes through the life cycle in food preparation and dietary manipulation.

Indicative Module Content

Preconceptional nutrition, nutrition during gestation, lactation, infancy, childhood, adolescence and senescence. Construction of diets and adaptation of recipes, preparation of food, management of meals and dishes, portion size, evaluation of recipes. Factors affecting food choice across the life span. Qualitative and quantitative methods for

Assessment Plan

	Learning Outcomes Assessed
Component 1	1,2,3
Component 2	4

Component 1 is an examination.

Component 2 is an objective structured practical examination (OSPE).

Indicative Bibliography

- 1.DEPARTMENT OF HEALTH, 1991. *Dietary reference values for food and nutrients for the United Kingdom*. London: HMSO.
- 2.GIBNEY, M.J., et al., 2010. *Introduction to human nutrition*, 2nd ed. Oxford: Wiley-Blackwell.
- 3.LANGLEY-EVANS, S., 2009. *Nutrition: a lifespan approach*. Oxford: Wiley-Blackwell.
- 4.GANDY, J., 2014. *Manual of dietetic practice*, 5th ed. Oxford: Wiley-Blackwell.
- 5.FOOD STANDARDS AGENCY, 2002. *Food portion sizes*, 3rd ed. London: HMSO.

assessment of food and nutrient intake. Use of anthropometric norms through the life span.

Provision of therapeutic diets (clinical and community), modifications of normal diet, evaluation of recipes to meet dietary recommendations.

Diabetes mellitus type II, definition, historical aspects, epidemiology, classification, presentation, diagnosis, management, and complications.

Obesity, definitions, development, occurrence, complications, and management (pharmacological, dietary, medical and surgical). Verbal and written communication of nutritional requirements.