



Jordan University of Science and Technology
Faculty of Agriculture
Nutrition & Food Technology Department

NF282 Meal Planning - JNQF Level: 7

Second Semester 2023-2024

Course Catalog

3 Credit Hours. Psychological, sociological, and historical aspects of food patterns. The proper approaches to plan and prepare a healthy meal for the family. Nutritional education programs.

Teaching Method: On Campus

Text Book

Title	Complete Food and Nutrition Guide
Author(s)	Robert Duyff
Edition	5th Edition
Short Name	Ref # 1
Other Information	

Instructor

Name	Dr. Bayan Obeidat
Office Location	C4L3
Office Hours	Sun : 10:30 - 11:30 Sun : 11:30 - 12:30 Mon : 10:00 - 11:00 Tue : 11:00 - 12:00 Tue : 12:00 - 13:00 Thu : 10:30 - 11:30
Email	obeidatb@just.edu.jo

Class Schedule & Room

Section 1:

Lecture Time: Sun, Tue : 13:30 - 14:30

Room: C5024

Prerequisites

Line Number	Course Name	Prerequisite Type
632810	NF281 Principles Of Nutrition	Prerequisite / Pass

Tentative List of Topics Covered

Weeks	Topic	References
Weeks 1, 2	Nutrition Labelling, claims, Daily value: Describe the Nutrition facts and understand the essential nutrients on the label, explain the types of claims and its regulations, understand the daily and percent daily value and how its calculated. Explaining the rational how to make a sound decision to select food product based on the nutrition label	From Ref # 1
Weeks 3, 4	Human Energy: explaining the concept of human energy and its food sources, how the body uses the energy, calculate the total energy requirements, total energy expenditure, ideal body weight and body mass index and percentage ideal body weight	From Ref # 1
Weeks 5, 6	Exchange List: explain the concept of exchange list and the classification of foods based on the exchange list and the source of energy in the food. Use the exchange list to design a diet from the meets the requirements of energy and nutrients. Transforming the exchanges into a food menu	From Ref # 1
Weeks 7, 8	MyPlate: explain the concept of myplate tool to design a diet and how foods are classified based on that. Use the exchange list to design a diet from the meets the requirements of energy and nutrients. Transforming the exchanges into a food menu	From Ref # 1
Weeks 9, 10	Dash Diet: explain the concept of hypertension and how it is related to foods. Explain the components of Dash diet and how each component is related to reduction of hypertension. Explain the number of servings of Dash diet and designing a meal based on Dash Diet	From Ref # 1
Weeks 11, 12	Vegetarian Diet: explain the components of vegetarian diet and the servings number, Health benefits and challenges in terms of missing nutrients and how to pan a vegetarian diet with no essential nutrients deficiency	From Ref # 1
Weeks 13, 14	Tools for Diet Evaluation: explain how to evaluate the entire diet in terms of its quality such as variety, sodium, cholesterol, fat contents? be able to calculate the Healthy Eating Index of each meal and the entire overall daily index of all ingested foods	From Ref # 1
Weeks 14, 15, 16	Meal planning for life stages, pregnancy, infancy, toddlers, school children, adolescence, adults and older adults	From Ref # 1

Mapping of Course Outcomes to Program Outcomes and NQF Outcomes	Course Outcome Weight (Out of 100%)	Assessment method

Be able to Understand the Nutrition Label to make a healthy decision [1SLO1] [1L7K1, 1L7S2, 1L7C1]	15%	
Understanding Human Energy Metabolism, Able to calculate Total Energy Expenditure, Total Energy Requirements, Ideal Body weight and weight management parameters. [1SLO1] [1L7K1, 1L7S2, 1L7C1]	15%	
Planning various types of Diets from conception to reality Using Exchange List and Myplate tools. [1SLO1] [1L7K1, 1L7S2, 1L7C1]	40%	
Utilize computer programs to analyze food composition and assessment [1SLO5] [1L7S1, 1L7C1, 1L7C2]	10%	
planning Diets for people with special needs such as vegetarian, hypertension, [1SLO5] [1L7K1, 1L7S2, 1L7C1]	20%	

Relationship to Program Student Outcomes (Out of 100%)				
SLO1	SLO2	SLO3	SLO4	SLO5
70				30

Relationship to NQF Outcomes (Out of 100%)				
L7K1	L7S1	L7S2	L7C1	L7C2
30	3.33	30	33.33	3.33

Evaluation	
Assessment Tool	Weight
first Exam	20%
second exam	20%
Internal Lab	20%
Final Exam	40%

Policy	
Class format, work load and the teaching and learning methods	This course will be taught in English and will account for 3 credit hours per semester totaling 48 hours that are divided among the following: - The use of PowerPoint slides presented by the instructor and provided as soft and hard copies for students. - Small group discussions and in-class activities. - The use of social media and communication between students is encouraged to enhance the learning experience. - In-class revision sessions and discussion in preparation for exams. - Students will work during this course for at least 3 hours outside the classroom
Exams	The exams will include a variety of questions; true or false, multiple choice, fill in the blanks, and essay questions. Students should get at least 50% to pass the course consistent with the university guidelines
Cheating	Plagiarism or any other form of cheating in examinations, term tests or academic work is subject to serious academic penalty. Cheating in examinations or tests may take the form of copying from another student or bringing unauthorized materials into the exam room (e.g., crib notes or cell phones). Exam cheating can also include exam impersonation. A student found guilty of contributing to cheating in examinations, or term assignments are also subject to serious academic penalty.

Attendance	Consistent with Jordan University of Science and Technology guidelines, students absent from regularly scheduled examinations because of authorized University activities will have the opportunity to take them at an alternate time. No make-up exams will be given for unexcused absences.
Participation	Participation and discussion are encouraged for earning additional points (extra credits).
Withdraw	Consistent with Jordan University of Science and Technology guidelines.

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