

School of pharmacy
Department of Pharmacognosy & Pharmaceutical Biotechnology

Course title: Nutritional Sciences (Theory, **M-Pharm**)

Credit: 2 credits, Monday (13-15)

Prerequisite: Basic Biochemistry (Theory), Analytical Chemistry (Theory)

Course Instructors: Dr. Paria Sharafi-Badr, Dr. Sajjad Nasserri

Responsible Instructor: Dr. Paria Sharafi-Badr (sharafibadr.pr@iums.ac.ir)

Course Description:

This course offers a foundation in nutrition science, and explore how it relates to health for different individuals within the varying contexts of human development. Satisfactory completion of this course will afford students a working knowledge of classes of nutrients, including the role of micronutrients and macronutrients in the body. The foundational science underlying nutrition and the politics involved in establishing nutritional guidelines and relate diet to health and disease outcomes as well as develop a nutrition plan for individuals.

Course Evaluation:

Semester Project(s)	5 %
In Class Discussions & Midterm	50%
Final Exam	45%

Important Note:

Final Exam will be held as determined by the registrar's office.

Semester Project(s):

More information will be determined during class discussions.

References:

- 1- McGuire, M. and Beerman, K.A., 2012. *Nutritional sciences: from fundamentals to food*. Cengage Learning.
- 2- Srilakshmi, B., 2006. *Nutrition Science*. New Age International.

Nutritional Sciences (Theory) -2023 Course Table

(Monday 13-15)

	Subject	Instructor(s)	Teaching methods	Date
1	Introduction to Nutrition Science/Food Guide Pyramid	Dr. Nasseri	Discussion Based Learning- Blended	25 Sep.
2	Managing a healthy weight	Dr. Nasseri	Discussion Based Learning- Blended	02 Oct.
3	Nutrition in different stages of life	Dr. Nasseri	Discussion Based Learning- Blended	09 Oct.
4	Nutraceuticals & Functional Foods	Dr. Nasseri	Discussion Based Learning- Blended	16 Oct.
5	Nutraceuticals & Dietary Supplements	Dr. Nasseri	Discussion Based Learning- Blended	23 Oct.
6	Food additives	Dr. Nasseri	Discussion Based Learning- Blended	30 Oct.
7	Macro-minerals & Nutritional Supplements	Dr. Nasseri	Discussion Based Learning- Blended	06 Nov.
8	Micro-minerals, trace elements & Nutritional Supplements	Dr. Nasseri	Discussion Based Learning- Blended	13 Nov.
9	Vitamins (Water & Fat Soluble)	Dr. Nasseri	Discussion Based Learning- Blended	20 Nov.
10	Genetically Modified Nutrition/Transgenics	Dr. Sharafi-Badr	Discussion Based Learning- Blended	27 Nov.
11	Probiotics	Dr. Sharafi-Badr	Discussion Based Learning- Blended	04 Dec.
12	Diet Food	Dr. Sharafi-Badr	Discussion Based Learning- Blended	11 Dec.
13	Infant Formula	Dr. Sharafi-Badr	Discussion Based Learning- Blended	18 Dec.
14	Nutrition Exercise	Dr. Sharafi-Badr	Discussion Based Learning- Blended	25. Dec
15	Nutritional Antioxidants	Dr. Sharafi-Badr	Discussion Based	01 Jan.
16	Plant Supplements	Dr. Sharafi-Badr	- Discussion Based Learning	08 Jan.
17	Nutrition and politics involved in establishing nutritional guidelines	Dr. Sharafi-Badr	- Discussion Based Learning	15 Jan.
18	Interaction of Drug, Food and Supplements	Dr. Sharafi-Badr	- Discussion Based Learning	22 Jan