

School of pharmacy
Department of Pharmacognosy & Pharmaceutical Biotechnology

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

Credit: 2 credits, Wednesday (08-10)

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

Course Instructors: Dr. Paria Sharafi-Badr

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) -2025 Course Table

(Wednesday 08-10)

	Subject	Instructor(s)	Teaching methods	Date
1	Introduction to Nutrition Science/Food Guide Pyramid	Dr. Sharafi-Badr	Discussion Based Learning- Blended	12 Feb.
2	Managing a healthy weight	Dr. Sharafi-Badr	Discussion Based Learning- Blended	19 Feb.
3	Nutrition in different stages of life	Dr. Sharafi-Badr	Discussion Based Learning- Blended	26 Feb.
4	Nutraceuticals, Functional Foods & Dietary Supplements	Dr. Sharafi-Badr	Discussion Based Learning- Blended	05 Mar.
5	Food additives	Dr. Sharafi-Badr	Discussion Based Learning- Blended	12 Mar.
6	Macro-minerals & Nutritional Supplements	Dr. Sharafi-Badr	Discussion Based Learning- Blended	09 Apr.
7	Micro-minerals, trace elements & Nutritional Supplements	Dr. Sharafi-Badr	Discussion Based Learning- Blended	16 Apr.
8	Vitamins (Water & Fat Soluble)	Dr. Sharafi-Badr	Discussion Based Learning- Blended	23 Apr.
9	Genetically Modified Nutrition/Transgenics	Dr. Sharafi-Badr	Discussion Based Learning- Blended	30 Apr.
10	Probiotics	Dr. Sharafi-Badr	Discussion Based Learning- Blended	07 May
11	Nutrition Exercise	Dr. Sharafi-Badr	Discussion Based Learning- Blended	14 May
12	Nutritional Antioxidants	Dr. Sharafi-Badr	Discussion Based Learning- Blended	21 May
13	Plant Supplements	Dr. Sharafi-Badr	Discussion Based Learning- Blended	28 May
14	Interaction of Drugs, Food, and Supplements	Dr. Sharafi-Badr	Discussion Based Learning- Blended	11 June