

**Course Title: Principles of nutrition    Code No.: G 316**

**Please choose one of the following topics under the explained guidelines:**

**1- How to design a diet plan for normal subjects (individual).**

**2- Explain in five pages the dietary assessment (individual).**

**3- How to design a diet plan for diabetic patients.**

- (Team work 3-5 students) please, explain the role of each student.
- Not exceed 5 pages.
- Students should cover the following points to be successful.

Nutritional assessment, needed calories calculation, designing a diet plan for the patient in full details, recommended dietary intake for carbohydrate, protein & fat and instructions to the patient.

**4- How to design a diet plan for patients with dyslipidemia.**

- (Team work 3-5 students) please, explain the role of each student.
- Not exceed 5 pages.
- Students should cover the following points to be successful.

Nutritional assessment, needed calories calculation, designing a diet plan for the patient in full details, recommended dietary intake for carbohydrate, protein & fat and instructions to the patient.

## **5- How to design a diet plan for sport athletes.**

- (Team work 3-5 students) please, explain the role of each student.
- Not exceed 5 pages.
- Students should cover the following points to be successful.

Nutritional assessment, needed calories calculation, designing a diet plan for the patient in full details, recommended dietary intake for carbohydrate, protein & fat and instructions to the athlete.

### **6- Explain in five pages DASH diet (individual).**

### **7- Explain in five pages how to design a diet plan of 1800 calories (individual).**

### **8- Explain in five pages how to design a diet plan of 2000 calories (individual).**

### **9- Compare between carbohydrate, protein and fat (individual).**

**Students should cover the following points to be successful (individual).**

Definition, importance, types, containing food groups and recommended dietary intake for each.

### **10- Design different five diet plans of 1800 calories.**

- (Team work 3-5 students) please, explain the role of each student.
- Not exceed 5 pages.

**Student should considerate the recommended dietary intake carbohydrate, protein and fat in each plan to be successful.**

**11- Design different five diet plans of 2000 calories.**

- (Team work 3-5 students) please, explain the role of each student.
- Not exceed 5 pages.

**Student should considerate the recommended dietary intake carbohydrate, protein and fat in each plan to be successful.**

**References should be included.**