

Course Title	Foundations of Nutrition				
Course Code	DES225				
Course Type	Compulsory				
Level	Bachelor of Dentistry				
Year / Semester	2 nd year / 3 rd semester				
Teacher's Name	Stefanos Christodoulides				
ECTS	2	Lectures / week	3 hrs / 13 weeks + exam week	Laboratories / week	N/A
Course Purpose and Objectives	<p>The acquisition of general knowledge concerning the principles of nutritional aspects related with oral medicine.</p> <p>Application of knowledge and understanding of the basic biological, medical, technical and clinical sciences in order to recognize the difference between normal and common pathological conditions relevant to clinical dental practice.</p> <p>The location and evaluation of the evidence in a critical and scientific manner to support professional practice and use information technology appropriately as an essential resource for modern oral health therapy / dental practice.</p> <p>Understanding of the causes and factors that lead to common oral diseases or disorders to assist preventive action.</p>				
Learning Outcomes	<p>Upon successful completion of this course students should be able to:</p> <ul style="list-style-type: none"> • Discuss diet, nutrition and the prevention of dental disease. • Apply basic nutrition concepts. • Recognize the role of nutrition in health and disease. • Demonstrate proficiency in proposing dietary evaluation for dental patients. 				
Prerequisites	None	Co-requisites	None		
Course Content	<p>In this regard, students will familiarize themselves with the following chapters:</p> <ul style="list-style-type: none"> • Understanding Nutrition as the Foundation for General and Oral Health in the 21st Century • What is an Adequate Diet? • Energy Balance and Weight Control • Carbohydrates • Protein for Systemic and Oral Health 				

	<ul style="list-style-type: none"> • Lipids in Health and Disease • The Minerals and Mineralization • Fluids and Electrolytes • Vitamins • Nutrition in the Growth and Development of Oral Structures • Diet, Nutrition, and Teeth • Nutrition and the Periodontium • Nutrition for Pregnancy, Lactation, Infancy, and Toddlers • Nutrition for Children and Adolescents • The Adult and Older Dental Patient • Nutritional Concerns for the Dentally Compromised Patient • Oral and Nutritional Concerns for Individuals with Special Medical and Healthcare Needs 								
Teaching Methodology	Face-to-face, Lectures, Case Studies								
Bibliography	Palmer C, Boyd LD. Diet and Nutrition in Oral Health. 3 rd ed. Upper Saddle River, New Jersey: Pearson Prentice Hall, 2017.								
Assessment	<table border="1"> <tr> <td>Final Examination</td> <td>60%</td> </tr> <tr> <td>Laboratory / Clinical Work / Oral presentations</td> <td>30%</td> </tr> <tr> <td>Participation and attendance</td> <td>10%</td> </tr> <tr> <td>Total</td> <td>100%</td> </tr> </table>	Final Examination	60%	Laboratory / Clinical Work / Oral presentations	30%	Participation and attendance	10%	Total	100%
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