



## College of Nursing - Dawadmi

Programs Name: B. Sc. In Nursing	Course Code: NUR 2205
Course Title: Nutrition for Nursing	Credit hours: 3 (3+0)

### Course Description

At the end of this course student will be able to know the nutritional requirements of humans of different life stages and practice role of professional nurses in assessing and providing proper nutritional needs of all clients through their life.

No	Course content
1.	Students' registration and course identification
2.	Introduction to Science of Nutrition
3.	Carbohydrates
4.	Fat
5.	Proteins
6.	Fat-soluble vitamins:
7.	Water-soluble vitamins: functions, sources, deficiency, and dietary treatment.
8.	Minerals
9.	Water balance:
10.	Community Food Supply and Health: Nutritional needs in different life stages:
11.	Malnutrition
12.	Hospital feeding
13.	Nutrition for Specific disorders
14.	Standard hospital diets.
15.	Assignment discussion

**Textbook (s):** Williams' Basic Nutrition & Diet Therapy (2024): Staci Nix, 15th Edition. Mosby.