

Course Description Form

1. Educational Institution:
Northern Technical University / Nimrud Technical Institute
2. Academic Department:
Department of Therapeutic Nutrition Techniques
3. Course Title:
4. Course Code:
TNT116
5. Level / Academic Year:
First / 2025-2026
6. Date of Description Preparation:
21/10/2025
7. Available Attendance Modes:
In-person
8. Total Credit Hours / Units:
60 hours (2 theoretical + 2 practical) × 15 weeks
9. Course Coordinator (All names if multiple):
Name: Ameen Raaed Ali
Email: ameen.r.ali@ntu.edu.iq
10. Course Objectives:
- Understand the basic concepts of nutrition and public health. - Understand the role of nutrients in preventing chronic and infectious diseases. - Study the nutritional needs of different age groups and health conditions. - Analyze national and international food policies and their impact on public health.
11. Teaching and Learning Strategies:
- Dialogue and discussion strategy. - Brainstorming. - Self-learning. - Assigning collaborative group work. - Assigning reports.

12.Course Structure:

Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	4 Hours (1 Theory+2 2 Practical)	1. The student will understand the modern concept of food. 2. The student will remember and understand the functions and properties of food.	Definition of food, function and its properties	Presentation, explanation, Q& interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports.
2	4 Hours (1 Theory+2 2 Practical)	The student demonstrates healthy nutrition	Definition of public health nutrition, approach	Presentation, explanation, Q& interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports.
3	4 Hours (1 Theory+2 2 Practical)	Explains and explains public health strategies The student applies public health strategies	Strategies of public health nutrition, and its application	Presentation, explanation, Q& interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports
4	4 Hours (1 Theory+2 2 Practical)	The student demonstrates how to evaluate healthy nutrition	public health nutritional assessment methods (part 1)	Presentation, explanation, Q& interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports
5	4 Hours (1 Theory+2 2 Practical)	Identifies methods for evaluating healthy nutrition	public health nutritional assessment methods (part 2)	Presentation, explanation, Q& interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports
6	4 Hours (1 Theory+2 2 Practical)	Identifies food groups at risk in the community	Identification of dietary risky groups in the community	Presentation, explanation, Q& interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports
7	4 Hours (1 Theory+2 2 Practical)	The student is introduced to a food group assessment plan	Assessment plane for risky gropes	Presentation, explanation, Q& interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports
8	4 Hours (1 Theory+2 2 Practical)	Assess student understanding	Discussion, review	Presentation, explanation, Q&A, interactive discussion, self-learning.	Written examination
9	4 Hours (1 Theory+2 2 Practical)	The student is introduced to food preferences The student is introduced to different types of factors affecting food	Food preference, types, factors affecting it	Presentation, explanation, Q& interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports
10	4 Hours (1 Theory+2 2 Practical)	The student is familiar with food safety and its types	Food Safety, types, strategies,	Presentation, explanation, Q& interactive	Oral, written and

			guide lines (part 1)	discussion, self-learning.	practical daily assessments and scientific reports
11	4 Hours (1 Theory+2 2 Practical)	The student is introduced to food safety strategies	Food Safety, types, strategies, guide lines (part 2)	Presentation, explanation, Q& interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports
12	4 Hours (1 Theory+2 2 Practical)	Assess student understanding	Discussion, review	Presentation, explanation, Q& interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports
13	4 Hours (1 Theory+2 2 Practical)	The student is introduced to methods and types of food adulteration	Food adulteration, types, purposes and objectives	Presentation, explanation, Q& interactive discussion, self-learning.	Written examination
14	4 Hours (1 Theory+2 2 Practical)	Explains the concept of eating patterns The student is familiar with physical activity and fitness	Food Style, physical activity and fitness	Presentation, explanation, Q& interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports
15	4 Hours (1 Theory+2 2 Practical)	Explains food planning, its objectives, and its types	Food planning, aim and objectives, types	Presentation, explanation, Q& interactive discussion, self-learning.	Oral, written and practical daily assessments and scientific reports

3. Course Evaluation

Grade distribution out of 100 according to the tasks assigned to the student, such as daily preparation, daily oral tests, monthly or written exams, reports, etc

4. Learning and Teaching Resources

Required textbooks (curricular books, if any)	
Electronic References, Websites	Food and Nutrition - Dr. Abdul Rahman Obaid Awad Musayqa Public Health Nutrition- Judith L. But

رئيس القسم
د. محمد عيسى محمد



رئيس اللجنة العلمية
د. دينا عبد الرزاق عبد الله