

Course: Pediatric dietetics

Objectives: The student will be able to know the principles of nutrition for pregnant and lactating women, the techniques of conducting and maintaining lactation. In class, the student will learn to develop dietary recommendations correcting the discomfort associated with the pre-postpartum period. Classes will provide knowledge of the principles of natural and artificial nutrition, the principles of nutrition for young children and school children, include defining the principles of nutrition for children in adolescence and children who engage in intensive sports.

During the course of Pediatric Dietetics the student will learn to assess the child's nutritional status, formulate dietary recommendations, calculate water, caloric, protein, carbohydrate, mineral and vitamin requirements for infants fed in a mixed and formula milk. Course will prepare to have the skills: design a diet depending on the child's health problems, modify the child's diet in health and illness, including food allergies, elimination diets, diets in epilepsy, constipation, and anemia. These classes lead to understanding the principles of cooperation with therapeutic teams.

Description:

1. Nutrition of pregnant women and nursing mothers - metabolic programming of children.
2. Natural feeding of infants.
3. Feeding infants with milk mixtures.
4. Diet of an infant aged 6-12 months, including Baby Led Weaning.
5. Nutrition of premature babies.
6. Nutrition of children with diseases: phenylketonuria, galactosemia, lactose intolerance, allergy to cow's milk proteins, epilepsy, etc.
7. Nutrition in diarrhea, constipation, vomiting.
8. Nutrition in nursery and pre-school periods - nutritional neophobia.
9. School-age nutrition.
10. Problems in nutrition of school children. Fast food.
11. Dietary treatment of childhood obesity.
12. Vegetarian and vegan diets in child nutrition.
13. Eating disorders: anorexia, bulimia, orthorexia.

Literature:

1. American Academy of Pediatrics, Breastfeeding and the use of human milk. Policy Statement 2012
2. ESPGHAN, WHO, UNICEF - current standards of feeding infants and children
3. Schwarzenberg SJ, Georgieff MK, Committee On Nutrition. Advocacy for Improving Nutrition in the First 1000 Days To Support Childhood Development and Adult Health, Pediatrics 2018; 14(2).
4. Infant, Child and Adolescent Nutrition: A Practical Handbook, Judy More, 2013.

Teaching: case studies/conversations/practice
90 hours

Examination: combined exam – test & oral

ECTS: 3

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