

School of pharmacy
Department of Pharmacognosy & Pharmaceutical Biotechnology

Course Title: Nutritional Sciences (Theory, **M-Pharm**)

Credit: 2 credits, Tuesday (10-12)

Prerequisite: Basic Biochemistry (Theory), Analytical Chemistry (Theory)

Course Instructors: Dr. Paria Sharafi-Badr

Responsible Instructor: Dr. Paria Sharafi-Badr (sharafibadr.pr@iums.ac.ir)

Course Description:

This course offers a foundation in nutrition science and explores how it relates to health for different individuals within the varying contexts of human development. Satisfactory completion of this course will afford students a working knowledge of classes of nutrients, including the role of micronutrients and macronutrients in the body. The foundational science underlying nutrition and the politics involved in establishing nutritional guidelines and relating diet to health and disease outcomes, as well as developing a nutrition plan for individuals.

Course Evaluation:

Semester Project(s)	5 %
In Class Discussions	25%
Final Exam	70 %

Important Note:

The Final Exam will be held as determined by the registrar's office.

Semester Project(s):

More information will be determined during class discussions.

References:

- 1- McGuire, M. and Beerman, K.A., 2012. *Nutritional sciences: from fundamentals to food*. Cengage Learning.
- 2- Srilakshmi, B., 2006. *Nutrition Science*. New Age International.

Nutritional Sciences (Theory) -2025 Course Table

(Tuesday 10-12)

	Subject	Instructor(s)	Teaching methods	Date
1	Introduction to Nutrition Science/Food Guide Pyramid	Dr. Sharafi-Badr	Discussion-Based Learning- Blended	07 Oct.
2	Managing a healthy weight	Dr. Sharafi-Badr	Discussion-Based Learning- Blended	14 Oct.
3	Nutrition in different stages of life	Dr. Sharafi-Badr	Discussion-Based Learning- Blended	21 Oct.
4	Nutraceuticals, Functional Foods & Dietary Supplements	Dr. Sharafi-Badr	Discussion-Based Learning- Blended	28 Oct.
5	Food additives	Dr. Sharafi-Badr	Discussion-Based Learning- Blended	04 Nov.
6	Macro-minerals & Nutritional Supplements	Dr. Sharafi-Badr	Discussion-Based Learning- Blended	11 Nov.
7	Micro-minerals, trace elements & Nutritional Supplements	Dr. Sharafi-Badr	Discussion-Based Learning- Blended	18 Nov.
8	Vitamins (Water & Fat Soluble)	Dr. Sharafi-Badr	Discussion-Based Learning- Blended	25 Nov.
9	Genetically Modified Nutrition/Transgenics	Dr. Sharafi-Badr	Discussion-Based Learning- Blended	02 Dec.
10	Probiotics	Dr. Sharafi-Badr	Discussion-Based Learning- Blended	09 Dec.
11	Nutrition Exercise	Dr. Sharafi-Badr	Discussion-Based Learning- Blended	16 Dec.
12	Nutritional Antioxidants	Dr. Sharafi-Badr	Discussion-Based Learning- Blended	23 Dec.
13	Plant Supplements	Dr. Sharafi-Badr	Discussion-Based Learning- Blended	30 Dec.
14	Interaction of Drugs, Food, and Supplements	Dr. Sharafi-Badr	Discussion-Based Learning- Blended	06 Jan.