

In the Name of God



**Hamadan University of Medical Sciences and Health Services
Educational Deputy of the University
Center for Studies and Development of Medical Sciences Education**

Theory/Practical Lesson Plan Form

Dear Colleagues,

As the teaching-learning process is one that requires careful planning to achieve its objectives, the preparation of a lesson plan at the beginning of the educational process (as a map and guide for instructors and students) is essential. It serves as one of the main tools for the educational activities of instructors. Therefore, we kindly ask all instructors to pay utmost attention to completing the lesson plan.

Course and Instructor Details (Completing all items in this section is essential)

Course and Instructor Information

Item	Details
Course Title	Fundamentals of Dietary Planning
Instructor(s)	Dr. Emrullah Sharifi
Course Coordinator	Dr. Emrullah Sharifi
Department Head	Dr. Ali Asghar Vahidinia
Credits (Theory / Practical)	Theory: 1 credit; Practical: 0 credits
Student Major & Level	B.Sc. in Nutrition Sciences
Semester Offered	Second Semester
Class Location	Faculty of Medicine

Lesson Plan

Session	Topic	Behavioral Objectives (By the end of the session, students should be able to...)	Learning Domain	Teaching Method	Duration	Teaching Aids	Evaluation Method
1	Introduction to DRI and its Components	Explain DRI and its components	Cognitive	Lecture, Q&A	100 min	Computer, projector	Q&A, active participation assessment
2	Introduction to Common Dietary Guidelines and Their History	Explain common dietary guidelines and their history	Cognitive	Lecture, Q&A	100 min	Computer, projector	Q&A, active participation assessment
3	Introduction to the Food Exchange List	Explain the food exchange list and its aims and applications	Cognitive	Lecture, Q&A	100 min	Computer, projector	Q&A, active participation assessment
4	Introduction to the Food Exchange List (continued)	Explain the food exchange list and its aims and applications	Cognitive	Lecture, Q&A	100 min	Computer, projector	Q&A, active participation assessment

5	Calculating Energy and Macronutrient Requirements	Explain and apply the calculation of energy and macronutrient requirements	Cognitive	Lecture, Q&A	100 min	Computer, projector	Q&A, active participation assessment
6	Diet Writing and Meal Planning	Explain how to prepare a diet plan; Prepare an appropriate diet plan for a hypothetical case	Cognitive	Lecture, Q&A, small group discussion	100 min	Computer, projector	Q&A, active participation assessment, case solving
7	Diet Writing: Exercises and Group Work	Solve case studies	Cognitive	Small group discussion	100 min	Computer, projector	Case solving and presentation
8	Food Labeling and Related Regulations	Explain food labeling and related regulations	Cognitive	—	100 min	Computer, projector	—

Grading Scheme

Evaluation Type	Date	Evaluation Tool	Points
Quiz	Continuous	Oral Q&A	Negative points for insufficient performance
Project / Assignment	Final session	—	Positive points
Midterm Exam	—	—	—
Final Exam	As per academic calendar	Written MCQ test + dietary planning case solving	20
Other	—	—	—
Total	—	—	20

References

1. Krause's Nutrition, latest edition
 2. Principles of Dietary Planning, authored by Dr. Parvin Mirmiran
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