

Postgraduate Diploma Healthy Child Nutrition





Postgraduate Diploma Healthy Child Nutrition

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Accreditation: 17 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/nutrition/postgraduate-diploma/postgraduate-diploma-healthy-child-nutrition

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01

Introduction

Nutrition is a fundamental part for the development of people, regardless of whether they have any type of disease or not. Therefore, even if it is a healthy child, it is necessary to maintain a correct diet to prevent any possible pathology, such as obesity. For this reason, TECH Global University has designed this program to specialize nutritionists to be able to prescribe appropriate diets for healthy children, taking into account their characteristics.





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Increase your specialization in the design of diets for healthy children and offer specialized care to your patients”

This program offers the possibility to delve into and update the knowledge on Healthy Child Nutrition, with the use of the most current educational technology. A specific program for nutritionists who wish to increase their specialization in this field, increasing their knowledge and, therefore, improving the skills necessary for the development of their profession. Therefore, this program shows a global vision of nutrition in the healthy child, while focusing on the most important and innovative aspects of nutrition in the pediatric age, including from the intrauterine phase to adolescence, as well as the diseases in which nutrition plays a highly relevant role.

Within this program they can find a teaching staff of the highest level, education by professionals closely related to pediatric clinical nutrition, outstanding in their field and leading lines of research and field work, as well as recognized specialists from reference societies and prestigious universities.

With this program students will have the most advanced didactic resources and will have the opportunity to study a teaching program that brings together the most in-depth knowledge in the field, where a group of professors of high scientific rigor and extensive international experience offers the most complete and current information on the latest advances and techniques in Clinical Nutrition in Pediatrics.

In addition, this program has the advantage of being completely online, so that students can organize their study time, combining it with the rest of their daily obligations. A unique opportunity to study that can be done from anywhere, they only need to have a computer or mobile device with Internet connection.

This **Postgraduate Diploma in Healthy Child Nutrition** contains the most complete and up-to-date scientific program on the market. The most important features include:

- The development of cases presented by experts in Healthy Child Nutrition
- The graphic, schematic, and practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional practice
- Practical exercises where self-assessment can be used to improve learning
- An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- Special emphasis on research methodologies in well-child nutrition
- Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- Content that is accessible from any fixed or portable device with an Internet connection



This Postgraduate Diploma will help you keep up to date in order to provide comprehensive quality care to your patients”

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Maintaining a balanced diet from an early age will help prevent possible food-related diseases”

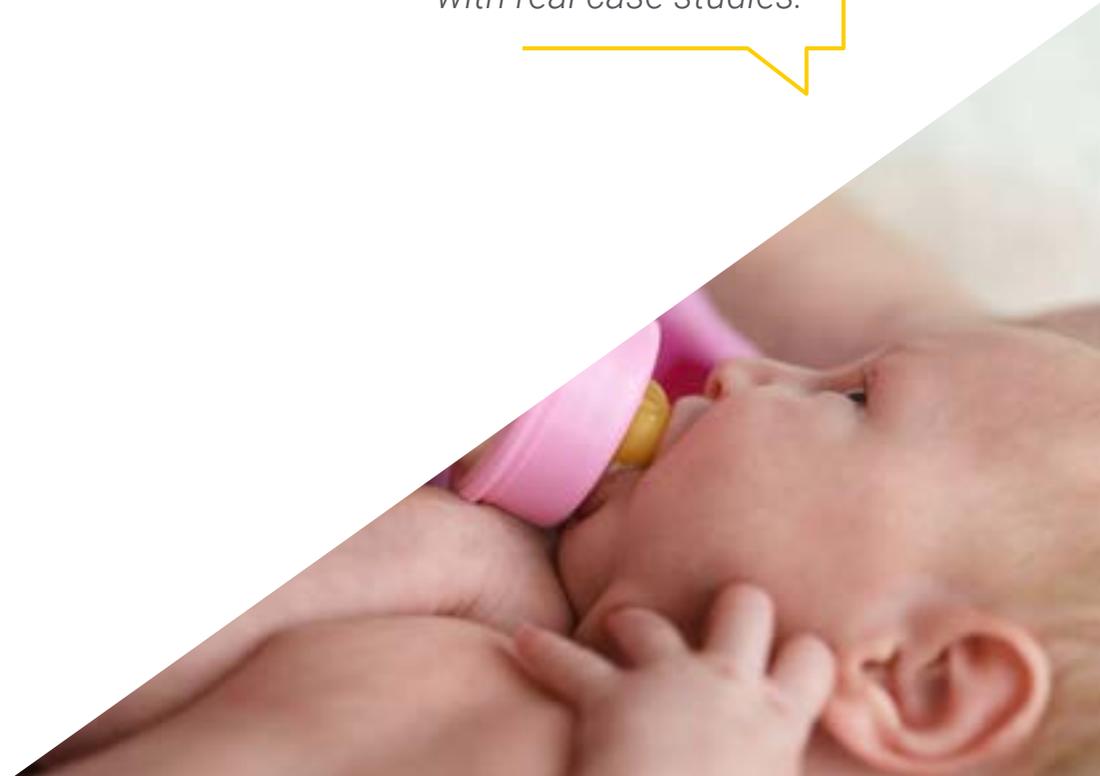
It includes, in its teaching staff, professionals belonging to the field of pediatric nutrition, who pour into this course the experience of their work, in addition to recognized specialists from reference societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive learning experience designed to prepare for real-life situations.

This program is designed around Problem-Based Learning, whereby the nutritionist must try to solve the different professional practice situations that arise throughout the program. To do so, specialists will be assisted by an innovative interactive video system created by recognized experts in nutrition of the healthy child and with great experience.

We offer you the best teaching methodology so that you can exercise as if you were facing real situations.

Improve your knowledge in Healthy Child Nutrition through this program, where you will find the best didactic material with real case studies.



02 Objectives

The main objective of the program is the development of theoretical and practical learning, so that the pediatrician can practically and rigorously master the study of of Healthy Child Nutrition.





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This Postgraduate Diploma will allow you to update your knowledge with the use of the latest educational technology, to contribute with quality and security to decision-making"



General Objectives

- Update the nurse's knowledge on new trends in human nutrition in both health and pathological situations through evidence-based medicine
- Promote work strategies based on the practical knowledge of the new trends in nutrition and its application to adult pathologies, where nutrition plays a fundamental role in treatment
- Encourage the acquisition of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online simulation workshops and/or specific education
- Encourage professional stimulation through continuous education and research
- Prepare the professional for research into patients with nutritional problems





Specific Objectives

Module 1. New Developments in Food

- ♦ Review the basics of a balanced diet in the different stages of the life cycle, as well as in exercise
- ♦ Manage food databases and composition tables
- ♦ Review the chemical composition of foods, their physicochemical properties, their nutritional value, their bioavailability, their organoleptic characteristics and the modifications they undergo as a result of technological and culinary processes
- ♦ Describe the composition and utilities of new foods
- ♦ Explain basic aspects of food microbiology, parasitology, and toxicology related to food safety
- ♦ Analyze the operation of milk banks
- ♦ Explain the new developments and available evidence on probiotics and prebiotics in infant feeding

Module 2. Physiology of child nutritionI

- ♦ Update the drug-nutrient interaction and its implication in the patient's treatment
- ♦ Identify the relationship between nutrition and immune status
- ♦ Define the fundamentals of nutrigenetics and nutrigenomics
- ♦ Review the psychological bases and biopsychosocial factors that affect human eating behavior
- ♦ Explain the relationship of physiology and nutrition in the different stages of infant development
- ♦ Describe the main malabsorption syndromes and how they are treated

03

Course Management

The teaching team of this expert in Healthy Child Nutrition has been selected under very high standards of quality and exigency, in order to fulfill the objectives proposed at the beginning of the program. Therefore, this program has a wide prestige in the profession and they are professionals with years of teaching experience who have come together to help the professional to give a boost to the profession.



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*Learn from leading professionals,
the latest advances in pediatric nutrition”*

International Guest Director

Lara Al-Dandachi is one of the few registered dietitians in California, and the rest of the United States, to hold a triple certification in Diabetes Care specialty CDES, Advanced Diabetes Management BC-ADM and in Obesity with Subspecialty Weight Management (CSOWM). Her work as a clinical nutritionist has led her to lead projects such as UCLA Health's Gonda Diabetes Prevention Program, which has received special recognition from the Center for Disease Control and Prevention (CDC) and has allowed her to work with multiple cohorts.

In addition, she coordinates the Obesity Reduction Program (PRO) as Director of Nutrition. From that group, she is in charge of developing and updating the professional curriculum for overweight education in adults and adolescents, as well as training new dietitians. In all of these settings, she counsels her patients on how to improve their lifestyle by incorporating healthy eating habits, increased physical activity and the fundamentals of Integrative Medicine.

At the same time, Al-Dandachi continually seeks to stay at the forefront of clinical research in Nutrition. She has attended the Harvard Blackburn Course in Obesity Medicine twice. In those participations, she has received the Certificate of Training in Pediatric and Adult Obesity through the Commission on Dietetic Registration (CDR), the accrediting agency of the American Academy of Nutrition and Dietetics.

Also, her mastery of this healthcare field allows her to provide personalized care to patients with rare conditions such as latent Autoimmune Diabetes in adulthood. She has also worked in her Public Health internship as a volunteer, collaborating with underprivileged populations in initiatives for HIV education and prevention, the Head Start program , among others.



Ms. Al-Dandachi, Lara

- ♦ Nutrition Director of the Obesity Reduction Program at UCLA Health, California, United States
- ♦ Clinical Dietitian with CareMore Health Plan
- ♦ Director of Nutrition at Hollywood Presbyterian Medical Center
- ♦ Clinical Dietitian at Sodexo Health Care Services
- ♦ Clinical Dietitian at Beverly Hospital
- ♦ Master's Degree in Public Health at Loma Linda University
- ♦ Bachelor of Science in Nutrition Science and Dietetics at the American University of Beirut

“

Thanks to TECH, you will be able to learn with the best professionals in the world”

Management



Ms. Auni3n Lavar3as, Mar3a Eugenia

- ♦ Pharmacist and Clinical Nutrition Expert
- ♦ "Author of the reference book in the field of Clinical Nutrition "Dietary Management of Overweight in the Pharmacy Office" (Panamericana Medical Publishing House)
- ♦ Pharmacist with extensive experience in the public and private sector
- ♦ Pharmacist in Valencia Pharmacy
- ♦ Pharmacy Assistant in the British pharmacy and health and beauty retail chain Boots, UK
- ♦ Degree in Pharmacy and Food Science and Technology University of Valencia
- ♦ Head of Postgraduate Certificate "Dermocosmetics in the Pharmacy Office"



04

Structure and Content

The structure of the contents has been designed by a team of professionals knowledgeable about the implications of training in daily medical practice, aware of the relevance of the current relevance of nutrition training for healthy children, and committed to quality teaching through new educational technologies.





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A comprehensive educational program, structured in well-developed teaching units, oriented towards efficient and swift learning that is compatible with your personal and professional life"

Module 1. New Developments in Food

- 1.1. Molecular Foundations of Nutrition
- 1.2. Update on Food Composition
- 1.3. Food Composition Tables and Nutritional Databases
- 1.4. Phytochemicals and Non-Nutritive Compounds
- 1.5. New Food
 - 1.5.1. Functional Nutrients and Bioactive Compounds
 - 1.5.2. Probiotics, Prebiotics, and Symbiotics
 - 1.5.3. Quality and Design
- 1.6. Organic Food
- 1.7. Transgenic Foods
- 1.8. Water as a Nutrient
- 1.9. Food Safety
 - 1.9.1. Physical Hazards
 - 1.9.2. Chemical Hazards
 - 1.9.3. Microbiological Hazards
- 1.10. New Food Labeling and Consumer Information
- 1.11. Phytotherapy Applied to Nutritional Pathologies

Module 2. Physiology of Infant Nutrition

- 2.1. Influence of Nutrition on Growth and Development
- 2.2. Nutritional Requirements in the Different Periods of Childhood
- 2.3. Nutritional Assessment in Children
- 2.4. Physical Activity Evaluation and Recommendations
- 2.5. Nutrition During Pregnancy and its Impact on the Newborn
- 2.6. Current Trends in the Premature Newborn Nutrition
- 2.7. Nutrition in Lactating Women and its Impact on the Infant
- 2.8. Nutrition of Newborns with Intrauterine Growth Delay
- 2.9. Breastfeeding
 - 2.9.1. Human Milk as a Functional Food
 - 2.9.2. Process of Milk Synthesis and Secretion
 - 2.9.3. Reasons for it to be Encouraged





- 2.10. Human Milk Banks
 - 2.10.1. Milk Bank Operation and Indications
- 2.11. Concept and Characteristics of the Formulas Used in Infant Feeding
- 2.12. The Move to a Diversified Diet Complementary Feeding During the First Year of Life
- 2.13. Feeding 1–3-Year-Old Children
- 2.14. Feeding During the Stable Growth Phase: Schoolchild Nutrition
- 2.15. Feeding in Adolescence: Nutritional Risk Factors
- 2.16. Child and Adolescent Athlete Nutrition
- 2.17. Other Dietary Patterns for Children and Adolescents: Cultural, Social, and Religious Influences on Children's Diets
- 2.18. Prevention of Nutritional-Based Diseases from Infancy: Objectives and Guidelines

“ *A unique, crucial and decisive learning experience to boost your professional development*”

05

Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



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TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”

The student: the priority of all TECH programs

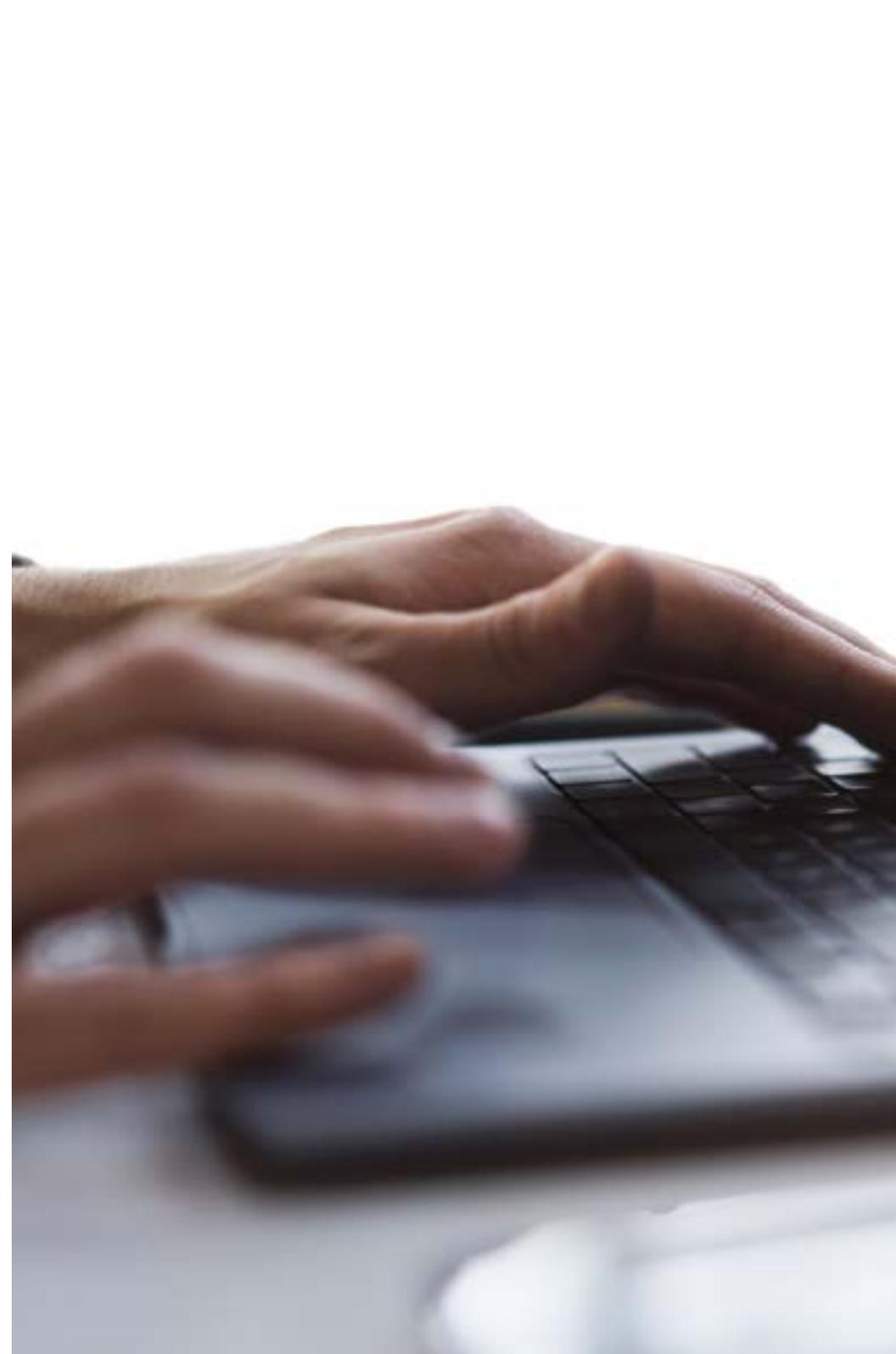
In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

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*At TECH you will NOT have live classes
(which you might not be able to attend)”*



The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“

TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want”

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.



A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule”

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.

The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

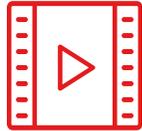
The students' assessment of the quality of teaching, quality of materials, course structure and objectives is excellent. Not surprisingly, the institution became the best rated university by its students on the Trustpilot review platform, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.



As such, the best educational materials, thoroughly prepared, will be available in this program:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



Interactive Summaries

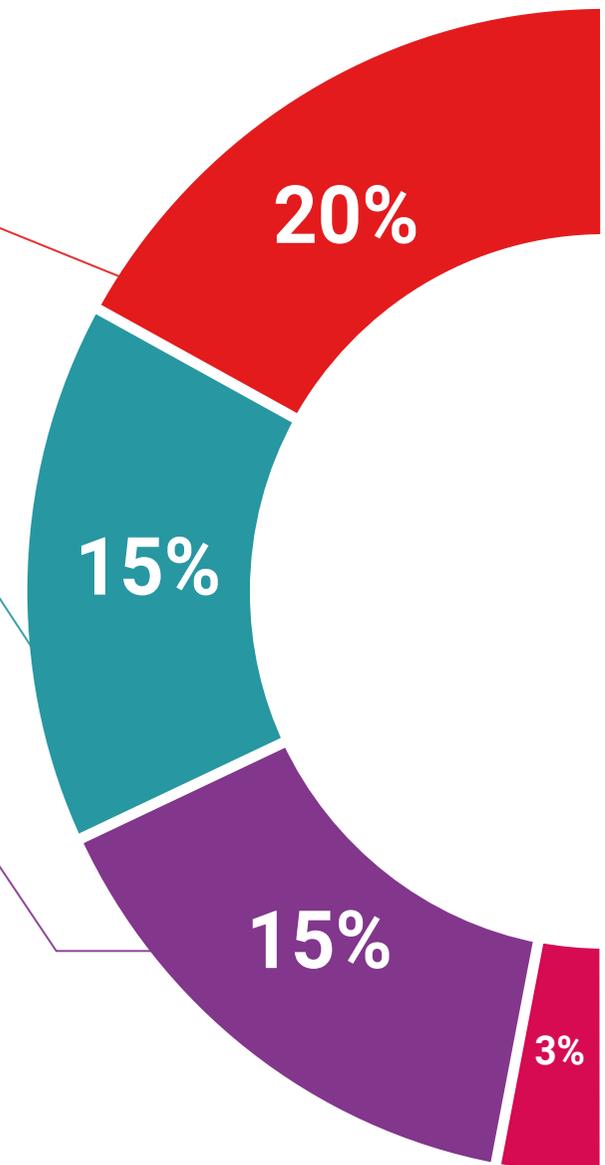
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

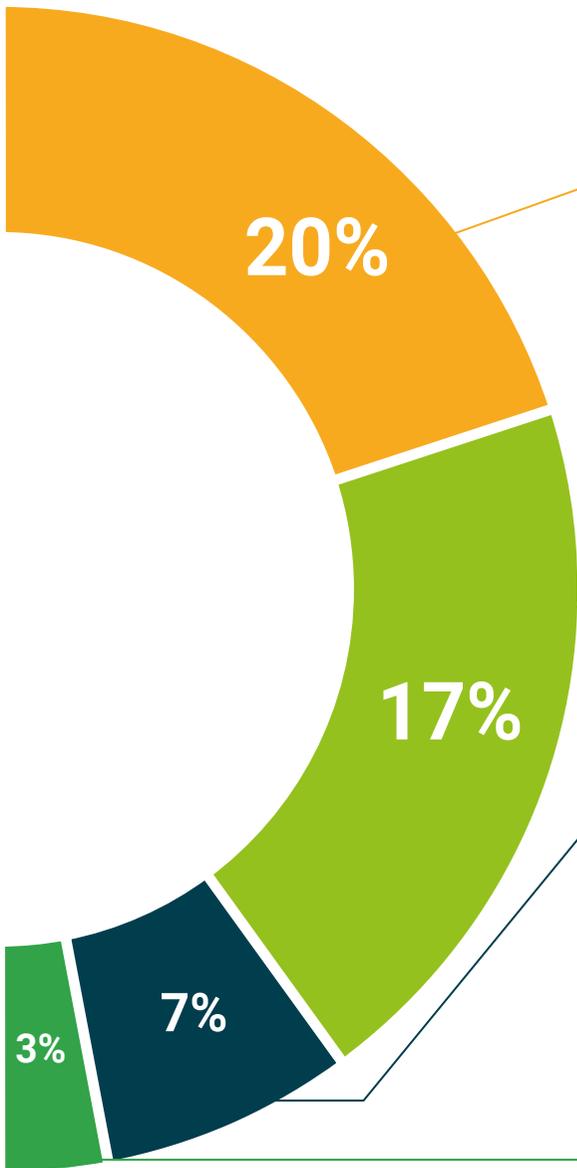
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





Case Studies

Students will complete a selection of the best case studies in the field. Cases that are presented, analyzed, and supervised by the best specialists in the world.



Testing & Retesting

We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.



Classes

There is scientific evidence suggesting that observing third-party experts can be useful.
Learning from an expert strengthens knowledge and memory, and generates confidence for future difficult decisions.



Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical and effective way to help students progress in their learning.



06 Certificate

The Postgraduate Diploma in Healthy Child Nutrition guarantees, in addition to the most rigorous and up to date education, access to a Postgraduate Diploma issued by TECH Global University.



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*Successfully complete this program
and receive your university qualification
without having to travel or fill out
laborious paperwork"*

This private qualification will allow you to obtain a **Postgraduate Diploma in Healthy Child Nutrition** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University, is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

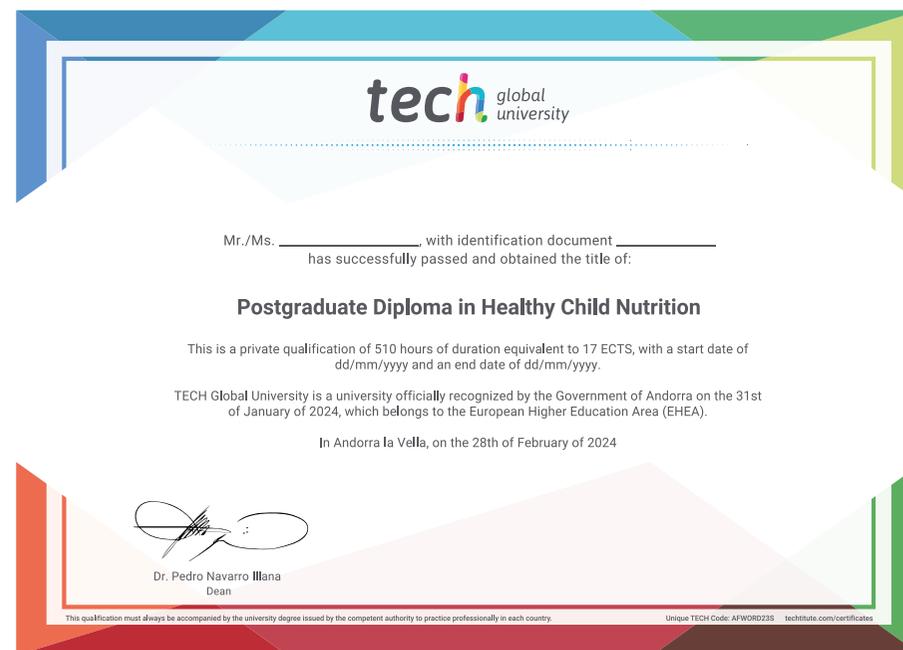
This **TECH Global University private qualification**, is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Healthy Child Nutrition**

Modality: **online**

Duration: **6 months**

Accreditation: **17 ECTS**



*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present quality

online training

development languages

virtual classroom

tech global
university

Postgraduate Diploma

Healthy Child Nutrition

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Postgraduate Diploma Healthy Child Nutrition

