


# Postgraduate Diploma Pediatric Nutrition



Breakfast (264 calories)

- 1 cup nonfat plain Greek yogurt
- 1/4 cup muesli
- 1/4 cup blueberries

A.M. Snack (84 calories)

- 5 dried apricots

Lunch (335 calories)

Chickpea & Veggie Salad

- 2 cups mixed greens
- 3/4 cup veggies of your choice (try cucumbers and tomatoes)
- 1/2 cup chickpeas, rinsed
- 1/2 Tbsp. chopped walnuts

Combine ingredients and top salad with 1 Tbsp. each balsamic vinegar and olive oil.

P.M. Snack (70 calories)

- 2 clementines

Dinner (434 calories)

- 1 3/4 cup Squash & Red Lentil Curry
- 1/2 cup brown rice



## Postgraduate Diploma Pediatric Nutrition

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/pk/nutrition/postgraduate-diploma/postgraduate-diploma-pediatric-nutrition](http://www.techtute.com/pk/nutrition/postgraduate-diploma/postgraduate-diploma-pediatric-nutrition)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 18*

05

Methodology

---

*p. 22*

06

Certificate

---

*p. 30*

# 01

# Introduction

This high level specialist course will help nutritionists to develop and establish strategies that promote health through good nutrition.

The main objective of this program is that the professional acquires fundamental scientific knowledge in pediatric nutrition in order to make it possible for every individual to achieve optimal growth and development.





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*Improve your knowledge through this program, where you will find the best didactic material with real clinical cases. Learn here about the latest advances in the speciality to be able to perform quality nutritional practice"*

During childhood, nutrition is essential to ensure proper growth and maintain a good level of health. It is a very important period of life since it serves to establish nutritional habits that continue throughout life.

Inadequate nutrition in childhood increases risk factors such as obesity and other diseases in adulthood. That's why it is fundamental that nutritionists know the latest advances in food and nutrition in the genesis, treatment and monitoring of different childhood pathologies.

This program offers a global vision of Pediatric Nutrition while focusing on the most important and innovative aspects of nutrition in the pediatric age group, including from the intrauterine phase to adolescence, as well as the diseases in which nutrition plays a highly relevant role.

This program provides specialist knowledge in the field of Pediatric Nutrition in areas of particular interest such as:

- ♦ Nutrigenetics.
- ♦ Nutrigenomics.
- ♦ Nutrition and Obesity.
- ♦ Hospital Dietetics.
- ♦ Nutritional Trends

Being an online program, the student is not constrained by fixed schedules or the need to physically move to another location, but can access the contents at any time of the day, balancing their work or personal life with their academic life.

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

- ♦ The graphic, schematic, and eminently practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional practice.
- ♦ It contains exercises where the self-assessment process can be carried out to improve learning
- ♦ Algorithm-based interactive learning system for decision-making for patients with feeding problems.
- ♦ All of this will be complemented by 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 contains the most complete and up-to-date scientific program on the market"*

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*This Postgraduate Diploma may be the best investment you can make when choosing a refresher program for two reasons: in addition to updating your knowledge in Pediatric Nutrition, you will obtain a certificate from the largest online educational institution, TECH”*

*It includes clinical cases to bring the program's degree as close as possible to the reality of care in nutrition.*

*Improve your skills in the approach to Pediatric Nutrition through this Postgraduate Diploma.*

Its teaching staff includes renowned specialists in nutrition based on clinical practice, who bring the experience of their work to this training.

Thanks to the multimedia content developed with the latest educational technology, they will provide the Nutritionist with situated and contextual learning, i.e., a simulated environment that will provide an immersive training program to train in real situations.

The design of this programme is based on Problem-Based Learning, by means of which the nutritionist must try to solve the different professional practice situations that arise during the course.

For this reason, you will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of radiology with extensive teaching experience.



02

# Objectives

The main objective of the program is the development of both theoretical and practical learning, so that the professional can master, in a practical and rigorous way, the study of Pediatric Nutrition.







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*The Postgraduate Diploma allows training in simulated environments, which provide immersive learning programmed to train in real situations”*



## General Objectives

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- ♦ Update the nutritionist's knowledge on new trends in human nutrition, in both health and pathological situations.
- ♦ 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 learning of technical skills and abilities, through a powerful audiovisual system, and the possibility of development through online workshops for simulation and/or specific specialization.
- ♦ Encourage professional stimulation through continued specialization and research.
- ♦ Train the professional for research into patients with nutritional problems.





## Specific Objectives

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- Analyze the different methods for assessing nutritional status.
  - Interpret and integrate anthropometric, clinical, biochemical, hematological, immunological, and pharmacological data in the patient's nutritional assessment and dietary-nutritional treatment.
  - Early detection and evaluation of quantitative and qualitative deviations from the nutritional balance due to excess or deficiency.
  - Describe the composition and utilities of new foods.
  - Explain the relationship of physiology and nutrition in the different stages of infant development.
  - Analyze the implications of nutrition in the growth process and in the prevention and treatment of different childhood pathologies.
  - Identify the repercussion that a pregnant and lactating mother's nutrition has on the intrauterine growth and evolution of new-borns and infants.
  - Describe the nutritional requirements in the different periods of childhood.
  - Perform nutritional assessment in pediatrics.
  - Evaluate and prescribe physical activity as a factor involved in nutritional status.
  - Calculate the dietary needs and risks to the child and adolescent athlete.
  - Review current trends in premature infant nutrition.
  - Explain current trends in the nutrition of infants with delayed intrauterine growth and the implication of nutrition on metabolic diseases.
  - Reflect on the role of human milk as a functional food.
  - Analyze the operation of milk banks.
- Describe new formulae used in infant feeding.
  - Reflect on new trends and models in infant feeding.
  - Reflect and identify risk factors in school and adolescent nutrition.
  - Incorporate into clinical practice the different techniques and products of basic and advanced nutritional support related to pediatric nutrition.
  - Identify children at nutritional risk who are eligible for specific support.
  - Evaluate and monitor the supervision of children on nutritional support.



*Make the most of the opportunity and take the step to get up to date on the latest developments in Pediatric Nutrition"*

03

# Course Management

The program includes in its teaching staff renowned experts in Pediatric Nutrition, who contribute their work experience to this specialization. Additionally, other recognized experts participate in its design and preparation, completing the program in an interdisciplinary manner.





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*Leading professionals in the field have come together to teach you the latest advances in Pediatric Nutrition”*

## International Guest Director

Dr. Sumantra Ray is an internationally recognized specialist in **Nutrition** and his main areas of interest are **Nutrition Education in Health Systems** and **Cardiovascular Disease Prevention**. With his outstanding experience in this health field, he has served as a consultant on special assignment for the **Nutrition Management** of the **World Health Organization** Headquarters in Geneva. He has also worked as **Director of Research** in Food Security, Health and Society in the Faculty of Humanities and Social Sciences at the University of Cambridge.

For his constant commitment to the dissemination of **healthy eating habits**, he has received the **Josephine Lansdell Award** from the British Medical Association. Specifically, this recognition highlighted his contributions related to nutrition and **Cardiovascular Prevention**. Also, as an international expert, he has participated in a work program on **Food, Nutrition and Education** in India, led by the University of Cambridge and funded by the UK Global Challenges Research Fund.

Dr. Sumantra Ray's studies are worldwide references, focusing on **global food security**, as it is a fundamental aspect for the development of societies. In addition, he has demonstrated his leadership skills as a **Senior Clinical Scientist** at the **Medical Research Council**, focusing on **Nutrition and Vascular Health** studies. In this position, he directed an experimental medicine facility dedicated to Human **Nutrition** studies.

Throughout his career he has authored more than **200 scientific publications** and has written the **Oxford Handbook of Clinical and Health Research**, aimed at strengthening the basic research skills of health care workers around the world. In this sense, he has shared his scientific findings in numerous presentations and congresses, in which he has participated in different countries.



## Dr. Ray, Sumantra

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- ♦ Executive Director and Founder, NNEdPro Global Nutrition and Health Centre, Cambridge, UK
- ♦ Director of Research in Food Security, Health and Society in the Faculty of Humanities and Social Sciences, University of Cambridge
- ♦ Co-Founder and President of the BMJ Scientific Journal Nutrition, Prevention and Health
- ♦ Presidential Advisor at the School of Advanced Studies on Food and Nutrition, University of Parma
- ♦ Vice President of the Conference of Medical Academic Representatives of the BMA
- ♦ Consultant on special assignment for the Nutrition Directorate of the World Health Organization Headquarters in Geneva
- ♦ Honorary International Dean of the Cordia Colleges in India
- ♦ Senior Clinical Scientist with the Medical Research Council
- ♦ Bachelor's Degree in Medicine

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

## Management



### **Ms. Aunió Lavarías, María Eugenia**

- ◆ Pharmacist and Clinical Nutrition Expert
- ◆ “Author of the reference book in the field of Clinical Nutrition “Dietetic Management of Overweight in the Pharmacy Office”. (Panamerican 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
- ◆ Director of the University Course “Dermocosmetics in the Pharmacy Office”





04

# Structure and Content

The structure of the contents has been designed by a team of professionals familiar with the implications of specialization in daily practice, aware of the relevance of the current specialization in Pediatric Nutrition, and who are committed to quality teaching through new educational technologies.





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*This refresher program will generate a sense of security in nutritional practice, which will help you grow both personally and professionally”*

## Module 1. New Developments in Nutrition

- 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-Nutritional Compounds.
- 1.5. New Foods.
  - 1.5.1. Functional Nutrients and Bioactive Compounds.
  - 1.5.2. Probiotics, Prebiotics, and Synbiotics.
  - 1.5.3. Quality and Design.
- 1.6. Organic Foods.
- 1.7. Transgenic Foods.
- 1.8. Water as a Nutrient.
- 1.9. Food Safety.
  - 1.9.1. Physical, Chemical, and Microbiological Hazards.
- 1.10. New Labelling 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. Implications on Metabolic Diseases.
- 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.
  - 14.10.1. Milk Bank Operation and Indications.
- 2.11. Concept and Characteristics of the Formulae 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. Adolescent Nutrition. 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 Infant Nutrition.
- 2.18. Prevention of Childhood Nutritional Diseases. Objectives and Guidelines.

## Module 3. Artificial Nutrition in Pediatrics

- 3.1. Concept of Nutritional Therapy.
  - 3.1.1. Evaluation of Patients in Need of Nutritional Support.
  - 3.1.2. Indications.
- 3.2. General Information about Enteral and Parenteral Nutrition.
- 3.3. Dietary Products Used for Sick Children or Children with Special Needs.
- 3.4. Implementing and Monitoring Patients with Nutritional Support.
  - 3.4.1. Critical Patients.
  - 3.4.2. Patients with Neurological Pathologies.
- 3.5. Artificial Nutrition at Home.
- 3.6. Nutritional Supplements to Support the Conventional Diet.
- 3.7. Probiotics and Prebiotics in Child Nutrition



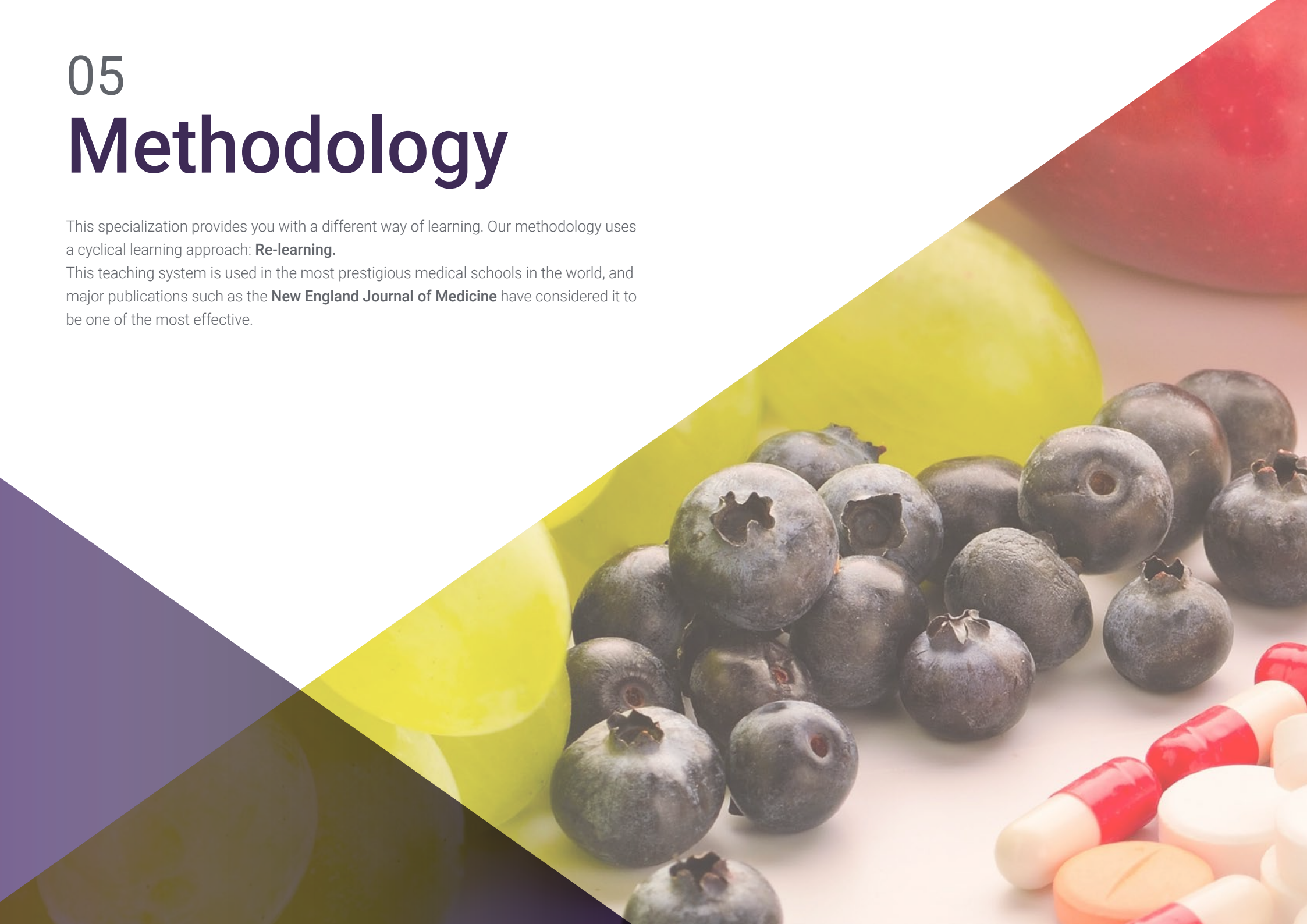
*A unique, key and decisive  
specialization experience to boost  
your professional development”*

05

# Methodology

This specialization provides you with a different way of learning. Our methodology uses a cyclical learning approach: **Re-learning.**

This teaching system is used in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





*Discover Re-learning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

In a given clinical situation, what would you do? Throughout the program you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Nutritionists learn better, faster, and more sustainably over time.

*With TECH, nutritionists can experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching potential or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions of professional nutritional practice.



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*Did you know that this method was developed in 1912 at Harvard for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method"*

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

1. Nutritionists who follow this method not only grasp concepts, but also develop their mental capacity by evaluating real situations and applying their knowledge.
2. The learning is solidly focused on practical skills that allow the nutritionist to better integrate the knowledge into clinical practice.
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.



## Re-Learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

Our University is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which represent a real revolution with respect to simply studying and analyzing cases.



*The nutritionist will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*

At the forefront of world teaching, the Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have have trained more than 45,000 nutritionists with unprecedented success, in all clinical specialties regardless of the workload. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Re-learning 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.*

In our program, learning is not a linear process, but rather a spiral (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



In this program you will have access to the best educational material, prepared with you in mind:



### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really 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.



### Nutrition Techniques and Procedures on Video

We introduce you to the latest techniques, the latest educational advances, and the forefront of current nutritional procedures and techniques. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



### Interactive Summaries

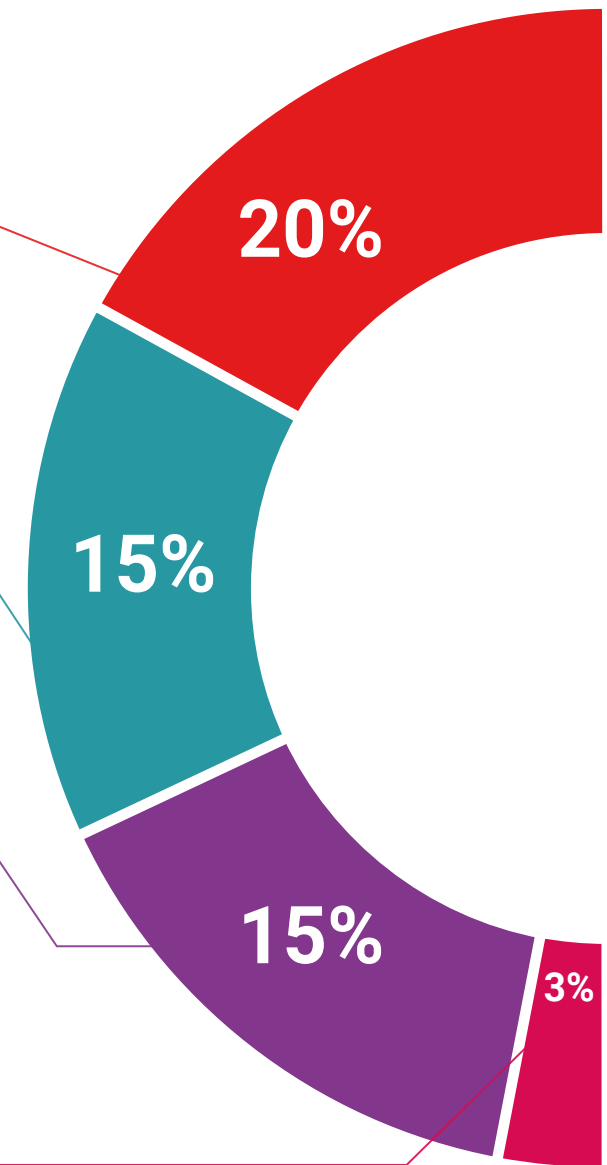
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This unique specialization 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 specialization.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Re-Testing**

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your goals.



**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 in our difficult future decisions.



**Quick Action Guides**

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



06

# Certificate

The Postgraduate Diploma in Pediatric Nutrition guarantees you, in addition to the most accurate and up-to-date training, access to a Postgraduate Diploma issued by TECH Technological University.





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*Successfully complete this program  
and receive your university degree  
without travel or laborious paperwork”*

This **Postgraduate Diploma in Pediatric Nutrition** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Pediatric Nutrition**

Modality: **online**

Duration: **6 months**



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



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guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present quality  
development languages  
virtual classroom



**Postgraduate Diploma**  
**Pediatric Nutrition**

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Diploma Pediatric Nutrition

