Mindluster Platform

About the course Applied nutrition

Course Presenter : Ø§Ù„Ù…Ø¹Ù‡Ø¯ Ø§Ù„Ù†ÙˆÙ† Ø§Ù„ØµØÙŠ

Applied nutrition, This course explores the practical application of nutrition science in promoting health, preventing disease, and managing dietary needs in different populations. Learners will study the role of macronutrients and micronutrients, energy balance, and metabolism in daily life and across life stages. The course emphasizes nutrition assessment, dietary planning, and the development of interventions to address issues such as obesity, malnutrition, diabetes, and cardiovascular disease. Special focus is placed on community nutrition, public health programs, and strategies for improving food choices through education and behavior change. Participants will also examine the influence of culture, lifestyle, and socioeconomic factors on dietary habits. Case studies and real-world examples help learners connect theory to practice, enhancing their ability to design effective nutrition programs. By the end of the course, students will be equipped to apply nutrition principles in clinical, community, and wellness settings to improve health outcomes. Ø§Ù„Ù…Ø¹Ù‡Ø¯ Ø§Ù„Ù†ÙˆÙ† Ø§Ù„ØµØÙŠ

Languages in Arabic Category's Courses

Course Lesson(22)

Lesson 1 : **Applied Nutrition Ch 2 Meal Planning part 01 ØªØºØ°ÙŠØ© ØªØ·Ø¨ÙŠÙ‚Ø§Øª**

Lesson 2 : **Applied Nutrition Ch 2 Meal Planning part 02 ØªØºØ°ÙŠØ© ØªØ·Ø¨ÙŠÙ‚Ø§Øª**

Lesson 3 : **Applied Nutrition Ch 2 Meal Planning part 03 ØªØºØ°ÙŠØ© ØªØ·Ø¨ÙŠÙ‚Ø§Øª**

Lesson 4 :
Applied Nutrition Ch 4 Adverse Reactions To Food Food intolerance and Food Allergy ØªØºØ°ÙŠØ© ØªØ·Ø¨ÙŠÙ‚Ø§Øª

Lesson 5 : **Applied Nutrition Ch 3 malnutrition ØªØºØ°ÙŠØ© ØªØ·Ø¨ÙŠÙ‚Ø§Øª**

Lesson 6 : **Applied Nutrition Ch 3 malnutrition ØªØºØ°ÙŠØ© ØªØ·Ø¨ÙŠÙ‚Ø§Øª**

Lesson 7 : **Applied Nutrition ch 1 Nutrition Education ØªØºØ°ÙŠØ© ØªØ·Ø¨ÙŠÙ‚Ø§Øª**

Lesson 8 : **Applied Nutrition 1 Nutrition Education Ø§Ù„Ø«Ù‚Ø§Ù Ø§Ù„Øº ØºØ°Ø§Ø¡ÙŠØ©**

Lesson 9 :
Applied Nutrition 2 Basis of meal planning Ø£Ø³Ø§Ø³ÙŠØ§Øª ØªØ®Ø·ÙŠØ· Ø§Ù„ÙˆØ¬Ø¨Ø§Øª Ø§Ù„ØºØ°Ø§Ø¡ÙŠØ©

Lesson 10 :
Applied Nutrition 3 The Food Exchange system Ù†Ø¸Ø§Ù… Ø§Ù„ØªØ¨Ø§Ø¯Ù„ Ø§Ù„ØºØ°Ø§Ø¡ÙŠ

Lesson 11 : **Applied Nutrition 4 Food Composition Tables Ø¬Ø¯Ø§ÙˆÙ„ ØªÙƒÙˆÙŠÙ† Ø§Ù„Ø·Ø¹Ø§Ù…**

Lesson 12 : **Applied Nutrition 5 Malnutrition Ø³ÙˆØ¡ Ø§Ù„ØªØºØ°ÙŠØ©**

Lesson 13 :
Applied Nutrition 6 Adverse reactions to food Food allergy Ø§Ù„Ø£Ø§Ø³ÙŠØ© Ø§Ù„Ù…Ø±Ø©Ø© ØªØ¬Ø§Ù‡ Ø§Ù„ØºØ°Ø¡

Lesson 14 :
Applied Nutrition 7 Adverse reactions to food Gluten disorders Ø§Ø¶Ø·Ø±Ø§Ø¨ Ø§Ù„Ø¬Ù„ÙˆØªÙŠÙ†

Lesson 15 : **Applied Nutrition 8 Therapeutic diet Ø§Ù„Ù†Ø¸Ø§Ù… Ø§Ù„Øºø°Ø§Ø¦Ù Ø§Ù„Øµ Ù Ù Š**

Lesson 16 : **Applied Nutrition 9 Enteral Nutrition Ø§Ù„ØªØºø°Ù Ø© Ø§Ù„Ù…Ø¹Ù Ù Ø©**

Lesson 17 : **Applied Nutrition 10 Parenteral Nutrition PN Ø§Ù„ØªØºø°Ù Ø© Ø¨Ø§Ù„Ù,Ù†**

Lesson 18 :
Applied Nutrition 12 Pediatric nutrition â€“ Malnutrition Øªغذية Ø§Ù„Ø£Ø·Ù Ø§Ù„ â€“ Ø³Ù Ø¡ Ø§Ù„Øªغذية Ù Ù ƒÙ Ù Š Ø¹Ù„Ø§Ù‡

Lesson 19 :
Applied Nutrition 13 Nutritional management of chronic diseases Øªغذية Ø§Ù„Ø£Ø·Ù Ø§Ù„ Ø°Ù Ù Š Ø§Ù„Ù…Ø±Ø§Ø¶ Ø§Ù„Ù…Ø²Ù…Ù†Ø©

Lesson 20 :
Applied Nutrition 14 Nutritional management of chronic diseases Øªغذية Ø§Ù„Ø£Ø·Ù Ø§Ù„ Ø°Ù Ù Š Ø§Ù„Ù…Ø±Ø§Ø¶ Ø§Ù„Ù…Ø²Ù…Ù†Ø©

Lesson 21 : **Applied Nutrition 15 Nutrition in Aging Øªغذية Ùƒ Ø¨Ø± Ø§Ù„Ø³Ù†**

Lesson 22 :
Applied Nutrition 16 Nutrition Assessment in Aging Øªù,ÙŠÙŠÙ… Ø§Ù„Øªغذية Ù„Ø¯Ù‰ Ùƒ Ø¨Ø± Ø§Ù„Ø³Ù†

Related courses

Greek Language For Arabic

Czech Language For Arabic

Polish Language For Arabic

Thai Language For Arabic

Turkish Language For Arabic

Russian Language For Arabic

for Business Contact
business@mindluster.com