

## Course Syllabus

1	<b>Course title</b>	Food and Nutrition Policies and Planning (633972)
2	<b>Course number</b>	633972
3	<b>Credit hours (theory, practical)</b>	3(3,0)
	<b>Contact hours (theory, practical)</b>	3(3,0)
4	<b>Prerequisites/corequisites</b>	-
5	<b>Program title</b>	PhD Nutrition and Food Technology
6	<b>Program code</b>	031
7	<b>Awarding institution</b>	University of Jordan
8	<b>School</b>	Agriculture
9	<b>Department</b>	Nutrition and food technology
10	<b>Level of course</b>	Second
11	<b>Year of study and semester (s)</b>	2019/2020, Fall semester
12	<b>Final Qualification</b>	PhD
13	<b>Other department (s) involved in teaching the course</b>	None
14	<b>Language of Instruction</b>	English
15	<b>Date of production/revision</b>	3/4/2020

Office numbers, office hours, phone numbers, and email addresses should be listed.

**Prof Reema Tayyem, 11-12 (Sunday, Monday, Thursday), email: r.tayyem@ju.edu.jo**

### 17. Other instructors:

Office numbers, office hours, phone numbers, and email addresses should be listed.

**None**

### 18. Course Description:

As stated in the approved study plan.

This course deals with the goals of food and nutrition policies; their developments and information required, as well as some concepts and practical considerations in planning; also, it deals with evaluation of food and nutrition programs.

## 19. Course aims and outcomes:

### A- Aims:

The purpose of this course is to explain and engage the student in the steps and dynamics of policy making processes that address nutrition problems and issues. For the purpose of this course nutrition and food policy is viewed as a specific set of decisions with related actions, established by a government and often supported by special legislation, which address a nutrition or food problem or set of problems.

The food system contains a complex mix of relationships, stakeholders, and feedbacks that operate across a diversity of goals. These complexities are intertwined with sweeping sets of policies that influence the food system across many attributes from food safety to environmental conservation to nutrition. These policies affect the food system across many different scales of government from local to federal to global. To have a clear understanding of the global food system across many sectors it is crucial to also connect these sectors and actors to the policies that influence their decision-making and behaviors. This enables us to analyze how food system stakeholders influence and drive the policy process. The course is designed so that students will have a clear understanding of the policy and regulatory process across other policy systems globally and for students to critically assess the relationships between policymakers, policies and food system stakeholders.

### B- Intended Learning Outcomes (ILOs): Upon successful completion of this course students will be able to

#### A. Knowledge and Understanding: Student is expected to

- A1. Demonstrate the definitions of key terms of policy planning;
- A2. Clarify the impact of implementing a well-formulated policy in solving community nutritional problems;
- A3. Assess the community needs;
- A4. Understand the differences between program, project and policy;
- A5. Recognize the differences between food balance sheet and household measurement uses; and
- A6. Understand common steps for planning a program, project and policy.

#### B. Intellectual Analytical and Cognitive Skills: Student is expected to

- B1. Articulate the relationship between food insecurity and food availability;
- B2. Design the appropriate nutritional dietary guidelines; and
- B3. Recognize the good impact of primary prevention of chronic diseases development.

#### C. Subject- Specific Skills: Students is expected to:

- C1. Summarize the main steps to plan a successful policy; and
- C2. Realize common pillars of programs and policies implementation.
- C3. Identify of multiple food system stakeholders and how they interact in policy systems to affect the food system.

#### D. Transferable Key Skills: Students is expected to

- D1. Be able to plan a policy using critical thinking abilities;
- D2. Provide the community with practical dietary guidelines based on the evidence they have;
- D3. Deliver specific and concise messages to reduce the incidences as well as prevalence of food insecurity; and
- D4. Defending myths on a scientific-evidence based approach.

## 20. Topic Outline and Schedule:

Topic	Week	Instructor	Achieved ILOs	Evaluation Methods	Reference
<b>Introduction</b> - Definitions of key terms	1	Reema Tayyem	A, B, C	Exams	1, 2
- Planning in food, nutrition and dietetics programs/project	2	Reema Tayyem	A, B, C,D	Exams and projects	1, 2, 3
- Why planning is essential?	3	Reema Tayyem	A, B, C	Exams and projects	1, 2
<b>1- <u>The art and science of policy making:</u></b>	2-3 weeks	Reema Tayyem	A, B, C,D	Exams and group discussion	1, 2, 3
- Definitions, aims and scope of a national food and nutrition policy	4	Reema Tayyem	A, B, C	Exams, projects and group discussion	1, 2
- Information required for the formulation of food and nutrition policies.	4	Reema Tayyem	A, B, C,D	Exams and group discussion	1
- Policy planning and organization.	4	Reema Tayyem	A, B, C	Exams and group discussion	1, 2
- Policy formulation and implementation.	5	Reema Tayyem	A, B, C	Exams, projects and group discussion	1, 2, 3
- Strategies to gain approval of a policy	5	Reema Tayyem	A, B, C	Exams and group discussion	1, 2, 4
- Concepts, considerations and approaches in planning and evaluation.	5	Reema Tayyem	A, B, C	Exams and group discussion	1, 2, 3
- Identification of multiple food system stakeholders and how they interact in policy systems to affect the food system.	6	Reema Tayyem	A, B, C	Exams and group discussion	1, 2, 4, 5
- Quality of evidence and Strength of Recommendations for guidelines: the GRADE approach.	6	Reema Tayyem	A, B, C	Exams and group discussion	5
- PICO questions in formulating policy.	6	Reema Tayyem	A, B, C	Exams and group discussion	5
<b>2- <u>Program planning and implementation</u></b>	1-2	Reema Tayyem	A, B, C	Exams and group discussion	1
- Project planning tools and logic models	7	Reema Tayyem	A, B, C	Exams and group discussion	1, 2
- Developing a basic Logic Model for	7	Reema	A, B, C	Exams and	1, 2, 4

food/nutrition & dietetics program		Tayyem		group discussion	
- Program implementation	8	Reema Tayyem	A, B, C	Exams and group discussion	1
<b>3- <u>Program /project management, evaluation and monitoring</u></b>	9	Reema Tayyem	A, B, C	Exams and group discussion	1, 2
<b>4- <u>Food and nutrition guidance</u></b>	10	Reema Tayyem	A, B, C	Exams and group discussion	1, 2, 3
<b>5- <u>Food insecurity</u></b>	11	Reema Tayyem	A, B, C	Exams and group discussion	1, 2
<b>6- <u>Food availability system and estimates of loss</u></b> - Food Balance Sheet (FBS) - Household measurement (HHM)	12	Reema Tayyem	A, B, C	Exams and group discussion	1, 3
<b>7- <u>Projects presentations</u></b>	13-14	The students	A, B, C, D	-	-

## 21. Teaching Methods and Assignments:

Development of ILOs is promoted through the following teaching and learning methods:

- 1- Different methods of instructions were adopted as brain storming, group discussion, policy development and criticise the available policies. Additionally different aids were used to facilitate and illustrate teaching such as watching videos and self-reading handouts.
- 2- **Students will be expected to write a brief paper that describes and critiques a food or nutrition policy that addresses a specific nutrition problem (see the topics below).**
  - **Length:** 5 pages, double spaced, 12 point font text. Additional tables, figures and references as required to support the basic thesis of the paper and to be referenced in the text.
  - **Description:** You are expected to summarize and critique, in a succinct, readable, expert and highly informative way, a food or nutrition policy that addresses a nutritional problem in a specific context (specific state, country, region).
  - **Format:** The paper should contain **sections** and an **Abstract/Executive Summary**.
  - **Abstract:** A single paragraph summarizing your policy critique.
  - **Nutritional Problem:** briefly describe the nutritional problem being addressed by the policy - its extent, severity, health/nutritional consequences, risk group(s), geographical distribution.
  - **Policy/Program :** briefly describe the specific policy being reviewed.
  - **Context:** describe and critique the contexts in which the policy exists or is being developed - what are the cultural, economic, political, health/nutritional contexts; who are the policy-making or regulatory agencies? Who are the stakeholders? Who stands to gain/lose from the policy?
  - **Processes:** describe and critique the processes and dynamics by which the policy was or is to be formed.
  - **Translation:** critique how the policy is/was/should be translated into programs/actions.
  - **Evaluation:** assess how the policy is/was being evaluated.

- **Conclusions and Recommendations:** Critique the strengths and limitations of the policy/program design, implementation and evaluation. Offer suggestions on what could be done to improve the policy's implementation and effectiveness.
- 3- **References:** Cite references in text using number in () and list in back of paper. References may include articles, reports, UN Agency survey reports, government, multi- and bi-lateral agency reports, as needed and required to support your paper.

## 22. Evaluation Methods and Course Requirements:

Opportunities to demonstrate achievement of the ILOs are provided through the following assessment methods and requirements:

- **Mid-exam (30%):** date and material to be announced.
- **Final-exam (40%):** date and material to be announced.
- **Project: Policy Brief Paper (30%):**

## 23. Course Policies:

A- **Attendance policies:** As declared by The University of Jordan Laws and Regulations.

B- **Absences from exams and handing in assignments on time:** As declared by The University of Jordan Laws and Regulations.

C- **Health and safety procedures:** None

D- **Honesty policy regarding cheating, plagiarism, misbehavior:** As declared by The University of Jordan Laws and Regulations.

E- **Grading policy:** As shown Evaluation Methods and Course Requirements

F- **Available university services that support achievement in the course:** Data show projector and class

## 24. Required equipment: ( Facilities, Tools, Labs, Training....)

Data show projector and class.

## 25. References:

Required book (s), assigned reading and audio-visuals:

1. **Nutrition in Public Health: Principles, Policies, and Practice.** 2nd ed. Spark A, Dinour L, Obenchain J. 2016. CRC Press, Taylor and Francis Group, 6000 Broken Sound Pkwy NW, Ste 300, Boca Raton, FL 33487.
2. World Health Organization. **Regional Office for the Eastern Mediterranean Food and nutrition surveillance systems: a manual for policy-makers and programme managers** / World Health Organization. Regional Office for the Eastern Mediterranean

Recommended books, materials, and media:

3. *Up-to-date scientific* articles, reviews and meta-analysis will be used.
4. *Position and practice papers.*
5. Other resources.

**26. Additional information:**

None

Name of Course Coordinator: -----Reema Tayyem-----Signature: ----- Date: -----

Head of curriculum committee/Department: ----- Signature: -----

Head of Department: ----- Signature: -----

Head of curriculum committee/Faculty: ----- Signature: -----

Dean: ----- -Signature: -----