

## **INTERNSHIP IN HUMAN NUTRITION/INTERNSHIP IN FOOD**

### **1. GENERAL PRINCIPLES**

The Internship in Human Nutrition/Internship in Food represent the two last subjects of the bachelor's degree in nutrition and food science (LNCA) curriculum, they study in a regular semester ( spring or autumn) and a summer continuously for eight hours a day, to complete 1200 of supervised practical work. Students of the LNCA, Universidad Iberoamericana Mexico City and with the following objectives can only take both subjects.

General objective:

Integrate the knowledge, skills, attitudes and values in order to demonstrate the development of the competencies of the graduate profile of the LNCA as well as the competencies of the Accreditation Council for Education in Nutrition and Dietetics (ACEND), including the competencies established in the focus area Promotion of healthy lifestyles and prevention of diseases, together with the generic competencies required by IBERO with a minimum level of performance.

Specific objectives:

1. Integrate the competencies of the four areas of supervised practice: hospital clinical nutrition 1, hospital clinical nutrition 2, community nutrition and outpatient, and food science and service.
2. Develop a research project or clinical case applying the scientific method.
3. Demonstrate the level of knowledge acquired during the LNCA by achieving a minimum grade of "satisfactory" in the General Graduation Exam for the Bachelor's Degree in Nutrition (EGEL-NUTRI).

### **2. ACTIVITIES**

#### **A. Supervised practices.**

All students must complete 1200 hours/30 weeks, of supervised practical work in the following four areas, whose objectives and activities are listed below:

#### **1. Hospital clinical nutrition 1:**

The student establishes the Nutritional Care Process in hospitalized subjects, with common medical conditions, including at least obesity, diabetes, hypertension, cardiovascular diseases and gastrointestinal disorders.

#### **2. Hospital clinical nutrition 2:**

The student establishes the Nutritional Care Process for the hospitalized patient with complex medical conditions, such as kidney disease, multiple organ failure, cancer and liver disease, among others

### **3. Community nutrition and outpatient:**

The student will design food guidance and counseling programs to apply them on individuals or groups of various ages and physiological status, including at least children, adolescents, adults and elders from different socioeconomic and cultural strata.

### **4. Food Science and Service**

The student integrates the administrative process for the management of the food service according to the systems theory in a specific context.

The practice sites and supervisors thereof meet all the requirements set forth by the LNCA and will be selected by each student based on the availability of the space; we guarantee that every student will cover the four areas of practice in the corresponding period.

### **B. Research project or clinical case.**

All students must develop a project applying the Scientific Method, thus generating a scientific-technical document: research project or clinical case; for this purpose, in the Research Strategies in Nutrition and Food Workshop course (seventh semester) the students will choose the project they will implement during their practices. Throughout the supervised practice, the student will have two presentation sessions:

- a. Progress session. In private session with the course teacher, the student will discuss the extent of his/her progress and, if necessary, corrective measures will be implemented.
- b. Final presentation session. The student will submit the written document and will make the corresponding oral presentation. To this end, a qualifying jury consisting of: the project advisor, 2 expert readers in the field and the course teacher will be integrated.

### **C. General graduation exam-nutrition (EGEL-NUTRI).**

During the time of the Internship, the students take the EGEL-NUTR exam; for this reason, during the same time the general structure of the exam is reviewed and the review of the topics included in the EGEL-NUTR is coordinated through various strategies.

## **3. EVALUATION**

The course Internship in Human Nutrition is the ASE 3 subject (synthesis and evaluation area), and therefore it should be the space where all the specific competencies of the graduate profile and the generic competencies of Ibero, as well as the ACEND competencies, must be evaluated, considering for this purpose

the assessment of knowledge, skills and attitudes of the students at the end of the LNCA. Based on this we propose that the evaluation consider three basic elements: the 1200 hours of supervised practice, the development of a project including its written and oral forms, and the defense of the document before reviewers and, finally, the EGEL-Nutri. To pass the course the students will have to successfully complete the three aforementioned elements and it is an **INDISPENSABLE REQUIREMENT TO APPROVED THE EGEL-NUTRI.**