

**List of projects for 1<sup>st</sup> level students of technical institute of Nursing (Applied Nutrition course):**

1. Macronutrients: Types, their nutritional importance and diseases related to their deficiency.
2. Minerals: Types, classification and their importance for human health.
3. Vitamins: Types, classification, their importance and effect on their health and diseases related to their deficiencies.
4. Obesity: Definition, types, hazards, how to diagnose with the reference to the common diets used to overcome obesity.
5. Methods of nutritional assessment of individuals.
6. Body Water with the reference to the mechanisms of its regulation.
7. Common types of diet regimens with the reference to the main principle of each one and how to apply it.
8. Special diet program for cardiac patients.
9. Energy metabolism of the body during well fed state.
10. Energy metabolism of the body during fasting state.

**Thank you very much**

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