COURSE DETAIL

INTRODUCTION TO NUTRITION AND FOOD
Country Taiwan
Host Institution National Taiwan University
Program(s) National Taiwan University
UCEAP Course Level Lower Division
UCEAP Subject Area(s) Health Sciences
UCEAP Course Number 44
UCEAP Course Suffix
UCEAP Official Title INTRODUCTION TO NUTRITION AND FOOD
UCEAP Transcript Title NUTRITION & FOOD
UCEAP Quarter Units 3.00
UCEAP Semester Units 2.00

Course Description

This general education course introduces the basic concepts of nutrition as well as the application of nutritional sciences in daily life. The course starts with nutrition fundamentals, such as introduction to the science of nutrition and tools of a healthy diet. It also covers information on all the essential nutrients, emphasizing the structure of nutrients, contents in food, recommended intakes, functions of individual nutrient, and health concerns related to intake, etc. Also introduced are three energy-yielding nutrients—carbohydrates, lipids, and proteins. The course examines energy metabolism and energy balance to demonstrate the importance of nutrition, exercise, and sports. Lectures of vitamins and minerals are categorized by their functions on human diseases and health: Fat-soluble vitamin, energy metabolism related vitamins include most of B vitamins, blood conditions-related nutrients, antioxidants nutrients, water and electrolytes, trace minerals. It also summarizes nutrition applications in the life cycles, such as nutrition during pregnancy, breastfeeding, the growing years, the adult years.

Language(s) of Instruction
English

Host Institution Course Number
BST1006

Host Institution Course Title
INTRODUCTION TO NUTRITION AND FOOD

Host Institution Course Details
https://nol.ntu.edu.tw/nol/coursesearch/print_table.php?course_id=B02%2011010&c...

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Course Last Reviewed
2022-2023

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