

# 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 Campus

### Host Institution Faculty

### Host Institution Degree

### Host Institution Department

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