

COURSE DETAIL

FOOD, NUTRITON AND HEALTH

Country

China

Host Institution

Fudan University

Program(s)

Fudan University

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Health Sciences

UCEAP Course Number

12

UCEAP Course Suffix**UCEAP Official Title**

FOOD, NUTRITON AND HEALTH

UCEAP Transcript Title

FOOD & HEALTH

UCEAP Quarter Units

2.00

UCEAP Semester Units

1.30

Course Description

The course introduces the relationship between nutrition and health, and the content includes the following: role of six major nutrients such as protein, fat, carbohydrate, fat-soluble vitamins (A, D, E) and water-soluble vitamins (B, C), and minerals; the physiological role of protein and its complementary effects; fat and obesity led by excess energy; carbohydrate and energy metabolism and its influencing factors; the role of dietary fiber; how to timely supplement vitamins from food; how to prevent the lack of fat-soluble vitamins (A, D, E) and water soluble vitamins (B, C); the relationship between the role of macronutrients and health; the significance of trace elements (iron, zinc, iodine, selenium) and the health hazards caused by their deficiency.

Language(s) of Instruction

Chinese

Host Institution Course Number

PHPM110002

Host Institution Course Title

FOOD, NUTRITON AND HEALTH

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Public Health

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