COURSE DETAIL

HUMAN NUTRITION
Country Singapore
Host Institution National University of Singapore
Program(s) National University of Singapore
UCEAP Course Level Upper Division
UCEAP Subject Area(s) Health Sciences Biological Sciences
UCEAP Course Number 101
UCEAP Course Suffix
UCEAP Official Title HUMAN NUTRITION
UCEAP Transcript Title HUMAN NUTRITION
UCEAP Quarter Units 6.00
UCEAP Semester Units 4.00

Course Description

This course introduces the science of nutrition. The format consists of a series of lectures, assigned readings and assignments that cover the fundamental concepts related to basic nutrition. The course examines how to interpret dietary labels; make informed food selections for a healthy, well-balanced diet; and understand the relevant human physiological processes that transform food after the first bite. The course discusses topics including nutrition in health and human physiology, vitamins and minerals, protein, carbohydrates, dietary fats, and energy metabolism.

Language(s) of Instruction
English

Host Institution Course Number
FST2201

Host Institution Course Title
INTRODUCTION TO HUMAN NUTRITION

Host Institution Course Details
https://nusmods.com/courses/FST2201/introduction-to-human-nutrition

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department
Food Science and Technology

Course Last Reviewed
2023-2024

Print