

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](#)