

COURSE DETAIL

HUMAN NUTRITION I - UNDERSTANDING NUTRIENTS

Country

Ireland

Host Institution

University College Dublin

Program(s)

University College Dublin

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Health Sciences

UCEAP Course Number

107

UCEAP Course Suffix**UCEAP Official Title**

HUMAN NUTRITION I - UNDERSTANDING NUTRIENTS

UCEAP Transcript Title

HUMAN NUTRITION 1

UCEAP Quarter Units

4.00

UCEAP Semester Units

2.70

Course Description

This course gives a comprehensive introduction to nutrients and human nutrition. It looks at individual macronutrients (protein, carbohydrate, fat, and alcohol) and micronutrients (vitamins, minerals, and trace elements), the functions of each and what happens if a person is deficient in any one of these. The course also looks at the food sources of nutrients, requirements across the life span, and the national food based dietary guidelines recommended to ensure adequate intakes. Tutorial classes introduce students to nutrition research, how and where research is published, and how to refer to nutrition research when writing about nutrition. The tutorial classes are mandatory and cover the continuous assessment for this course.

Language(s) of Instruction

English

Host Institution Course Number

HNUT10010

Host Institution Course Title

HUMAN NUTRITION I - UNDERSTANDING NUTRIENTS

Host Institution Campus

UC Dublin

Host Institution Faculty

Host Institution Degree

Host Institution Department

Human Nutrition

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