

# COURSE DETAIL

## THE LIFE CYCLE OF NUTRITION

**Country**

Taiwan

**Host Institution**

National Taiwan University

**Program(s)**

National Taiwan University

**UCEAP Course Level**

Lower Division

**UCEAP Subject Area(s)**

Biological Sciences

**UCEAP Course Number**

2

**UCEAP Course Suffix****UCEAP Official Title**

THE LIFE CYCLE OF NUTRITION

**UCEAP Transcript Title**

LIFE OF NUTRITION

**UCEAP Quarter Units**

3.00

**UCEAP Semester Units**

2.00

## Course Description

Starting from the basic knowledge of nutrition and food, this course explores the application of nutrition in each life stage, as well as the principles of nutritional adjustment during disease; the content of therapeutic diet; and the supply of hospital food, thereby establishing the concept of disease prevention and health care.

The course covers:

- 1) An explanation of the importance of calories and precise nutrition in human health through a discussion of the three major nutrients: carbohydrates, lipids, and proteins;
- 2) An exploration of the relationship between nutrition and other sciences such as biochemistry, physiology, food science, and clinical medicine;
- 3) An exploration of the physiological characteristics, related diseases and nutritional needs of different life stages, providing dietary guidelines for all ages;
- 4) An exploration of the nutritional needs and dietary formulas of common diseases; and,
- 5) An introduction to the content and practice of hospital nutrition work.

## Language(s) of Instruction

Chinese

## Host Institution Course Number

NURSE2009

## Host Institution Course Title

THE LIFE CYCLE OF NUTRITION

## Host Institution Campus

## Host Institution Faculty

College of Medicine

**Host Institution Degree**

**Host Institution Department**  
Department of Nursing

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