

COURSE DETAIL

INTRODUCTION TO FOOD AND NUTRITION

Country

Hong Kong

Host Institution

University of Hong Kong

Program(s)

University of Hong Kong

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Health Sciences Biological Sciences

UCEAP Course Number

16

UCEAP Course Suffix**UCEAP Official Title**

INTRODUCTION TO FOOD AND NUTRITION

UCEAP Transcript Title

FOOD & NUTRITION

UCEAP Quarter Units

5.00

UCEAP Semester Units

3.30

Course Description

This course examines the multidisciplinary nature of the study of food and nutrition. The course covers a basic understanding of food production, processing and storage from the farmer's field to the dinner table. Topics include food safety, food selection behavior as well as balanced nutrition as part of life style instrumental to good health. Basic macro- and micronutrients from these food and its absorption, distribution, metabolism, and excretion allow students to understand the function of these nutrients in the human body. The course also includes food composition and functional properties of major nutrients, food additives, food hygiene, safety and regulation, food security, healthy eating-concepts and practice, essential nutrients, diet and disease relationship.

Language(s) of Instruction

English

Host Institution Course Number

BIOL1201

Host Institution Course Title

INTRODUCTION TO FOOD AND NUTRITION

Host Institution Course Details

https://webapp.science.hku.hk/sr4/servlet/enquiry?Type=Course&course_code=BIOL1...

Host Institution Campus

Host Institution Faculty

Sciences

Host Institution Degree

Host Institution Department

Biological Sciences

Course Last Reviewed

2025-2026

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