

3.0 credits	30.0 h	1q
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Teacher(s) :	Brichard Sonia ; Thissen Jean-Paul ;
Language :	Français
Place of the course	Bruxelles Woluwe
Main themes :	<p>First part</p> <ul style="list-style-type: none"> -Human body composition -Energy needs -Non-energy nutritional needs (vitamins, trace elements,) -Causes and consequences nutrient excess and deficiency <p>Second part</p> <ul style="list-style-type: none"> -Water -Milk and milk products -Beverages -Meat, fish and eggs -Cereals, grains and oilseeds -Fruits and vegetables -Fat and oils -Food deterioration and its control -Preservation methodology
Aims :	<p>To acquire basic knowledge in nutritional sciences in order</p> <ul style="list-style-type: none"> -to appreciate the reasons behind the diet advice -to have a critical view on nutritional publicity -and some ideas about nutrition education <p>To this purpose, we will define the nutritional needs throughout the life cycle and in some physiological conditions. We will also tackle the risks of excess and deficiency in some nutrients and how to prevent or cure them. Eventually, we will describe the production, the composition and the methods of preservation of the main foods, including the novel foods.</p> <p><i>The contribution of this Teaching Unit to the development and command of the skills and learning outcomes of the programme(s) can be accessed at the end of this sheet, in the section entitled "Programmes/courses offering this Teaching Unit".</i></p>
Content :	Oral teaching with practical examples
Other infos :	Oral examination with written preparation
Cycle and year of study :	<ul style="list-style-type: none"> > Bachelor in Biomedicine > Bachelor in Information and Communication > Bachelor in Philosophy > Bachelor in Pharmacy > Bachelor in Economics and Management > Bachelor in Human and Social Sciences > Bachelor in Sociology and Anthropology > Bachelor in Political Sciences: General > Bachelor in Biology > Bachelor in religious studies > Master [240] in Medicine
Faculty or entity in charge:	FASB