



3.00 credits	30.0 h	Q1
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Teacher(s)	Brichard Sonia ;Thissen Jean-Paul ;
Language :	French
Place of the course	Bruxelles Woluwe
Prerequisites	<i>The prerequisite(s) for this Teaching Unit (Unité d'enseignement – UE) for the programmes/courses that offer this Teaching Unit are specified at the end of this sheet.</i>
Main themes	First part -Human body composition -Energy needs -Non-energy nutritional needs (vitamins, trace elements,) -Causes and consequences nutrient excess and deficiency Second part -Water -Milk and milk products - Beverages -Meat, fish and eggs -Cereals, grains and oliseeds -Fruits and vegetables -Fat and oils -Food deterioration and its control -Preservation methodology
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <p>To acquire basic knowledge in nutritional sciences in order -to appreciate the reasons behind the diet advice -to have a critical view on nutritional publicity -and some ideas about nutrition education To this purpose, we will define the nutritional needs throughout the life cycle and in some physiological conditions.</p> <p>1 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>
Evaluation methods	Usually written examination
Content	Oral teaching with practical examples
Faculty or entity in charge	FASB

Programmes containing this learning unit (UE)				
Program title	Acronym	Credits	Prerequisite	Learning outcomes
Additionnal module in Biomedical Sciences	APPSBIM	3		
Bachelor in Biomedicine	SBIM1BA	3	WFARM1009 AND WMD1006 AND WMD1105 AND WMD1106	
Minor in Biomedicine (openness)	MINSBIM	3		