UCLouvain

# wsbim1206

*2022*

# From nutrient to food

| 3.00 credits | 30.0 h | Q1 |
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| Teacher(s) | Brichard Sonia ;Thissen Jean-Paul (coordinator) ; |
| Language : | French<br>> English-friendly |
| Place of the course | Bruxelles Woluwe |
| Prerequisites | *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.* |
| Main themes | First part -Human body composition -Energy needs -Non-energy nutritionnal 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 | **At the end of this learning unit, the student is able to :**<br>1 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. 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. |
| Evaluation methods | Usually written examination |
| Content | Oral teaching with pratical examples |
| Faculty or entity in charge | FASB |

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