

Faculty of Medicine



ESP3540

Nutrition

[30h] 3 credits

Teacher(s): Sonia Brichard, Jean-Paul Thissen
Language: French
Level: Third cycle

Aims

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.

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 oilseeds
- Fruits and vegetables
- Fat and oils
- Food deterioration and its control
- Preservation methodology

Content and teaching methods

Oral teaching with practical examples

Other information (prerequisite, evaluation (assessment methods), course materials recommended readings, ...)

Oral examination with written preparation

Other credits in programs

MED12BA	Deuxième année de bachelier en médecine	(3 credits)	
MED13BA	Troisième année de bachelier en médecine	(3 credits)	
NUT21	Première licence en sciences biomédicales (nutrition humaine)		Mandatory