

FDE322 Principles of Nutrition

Department of Food Engineering – Elective course

Credit: 2 ECTS: 3



Course Description: This course provides an in-depth look at the fundamentals of nutrition and its impact on human health. Students will explore essential nutrients, their characteristics, and how they function in the body, examining various food groups' composition and physical and chemical properties. The course also covers dietary requirements across different demographics, enabling students to create tailored nutrition plans that meet the specific needs of individuals and groups based on factors such as age, gender, and health conditions.

Course Outcomes:

- Identify and describe essential nutrients and their roles in maintaining health.
- Understand the physical and chemical properties of different food groups.
- Explain how nutrients are metabolised and utilized in the body.
- Develop nutrition plans that meet the dietary needs of various populations.
- Assess the nutritional needs of individuals based on age, gender, and specific health requirements.
- Apply nutrition knowledge to promote healthy dietary habits and prevent nutrition-related health issues.