COURSE CODE: FSM 201

COURSE TITLE: INTRODUCTION TO FOOD AND NUTRITION - 2 UNITS

COURSE SYNOPSIS: Definition and history of the science of nutrition; carbohydrates, fats, proteins, vitamins, minerals, water, cellulose, their sources, digestion, absorption of products and roles in the body function. Introduction to nutrients requirements and deficiencies.

LECTURE NOTES

LECT I: INTRODUCTION TO FOOD AND NUTRITION

- Overview of Nutrition
- What it means.
- Class of Nutrient
- Introduction to nutrients requirements and deficiencies.

LECT II: CARBOHYDRATES

- What Carbohydrates are
- Monosaccharides: Glucose, Fructose and Galactose.
- Disaccharides: Sucrose, Lactose and Maltose
- Oligosaccharides
- Polysaccharides: Starch, Dextrin, Cellulose
- Roles in the body

LECT III: CARBOHYDRATES

- Digestion, Absorption, and Transportation
- Metabolism of Carbohydrates
- Starch
- Cellulose
- Cellulose in Digestion
- What Dietary fiber is

LECT IV: PROTEINS

- What are proteins?
- Types of proteins
- Essential and Non essential protein
- Dietary sources of protein
o Digestion of protein
o Deficiency of protein
o Excess consumption
o Functions of proteins

LECT V: LIPIDS

➢ What are lipids
➢ Classification of Lipids
➢ Essential fatty acids
➢ Dietary sources

LECT VI: VITAMINS

❖ What are Vitamins?
❖ Fat soluble vitamins: A, D, E, K.
❖ Water soluble vitamins: B complex and C.
❖ Functions of Vitamins: What it does for the body.
❖ Dietary sources

LECT VII: MINERALS

▪ What are minerals
▪ Types of minerals
▪ Micro-minerals
▪ Macro-minerals
▪ Dietary sources

LECT VIII: WATER

✓ Roles in the body

LECT IX: ANTI-OXIDANT

❖ Phytochemicals and their subgroup
❖ Function of antioxidants

LECT X: MAL NUTRITION

✓ Illnesses caused by improper nutrient consumption

LECT XI: STUDENTS TERM PAPER PRESENTATION

LECT XII: CONTINUOUS ASSESSMENT TEST / REVISION