



## University of Pretoria Yearbook 2022

# Nutrition (Capita Selecta from HNT 210) 310 (VDG 310)

<b>Qualification</b>	Undergraduate
<b>Faculty</b>	<a href="#">Faculty of Natural and Agricultural Sciences</a>
<b>Module credits</b>	17.00
<b>NQF Level</b>	07
<b>Programmes</b>	<a href="#">BConSci (Food Retail Management)</a> <a href="#">BConSci (Hospitality Management)</a> <a href="#">BSc (Culinary Science)</a> <a href="#">BSc (Food Science)</a>
<b>Prerequisites</b>	No prerequisites.
<b>Contact time</b>	1 practical per week, 3 lectures per week
<b>Language of tuition</b>	Module is presented in English
<b>Department</b>	Consumer and Food Sciences
<b>Period of presentation</b>	Semester 1

### Module content

The study of nutrients and water regarding their chemical composition, characteristics, basic digestion, absorption, metabolism, functions, food sources and symptoms of deficiency and toxicity. Energy metabolism. Dietary recommendations and guidelines, dietary guides and meal planning. The use and application of food composition tables in dietary analysis.

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