

University of Pretoria Yearbook 2016

Nutrition 311 (VDG 311)

Qualification	Undergraduate
Faculty	Faculty of Natural and Agricultural Sciences
Module credits	17.00
Programmes	BConsumer Science Foods: Retail Management BConsumer Science Hospitality Management BSc Food Management (4 years)
Prerequisites	[FSG 110 and FSG 120] or VDG 220
Contact time	1 practical per week, 3 lectures per week
Language of tuition	Double Medium
Academic organisation	Consumer Science
Period of presentation	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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