

# University of Pretoria Yearbook 2019

## Introduction to food, nutrition and health 121 (FNH 121)

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| <b>Qualification</b>          | Undergraduate   |
| <b>Faculty</b>                | <a href="#">Faculty of Natural and Agricultural Sciences</a>      |
| <b>Module credits</b>         | 8.00  |
| <b>Programmes</b>             | <a href="#">BSc Food Science</a><br><a href="#">BSc Nutrition</a> |
| <b>Prerequisites</b>          | Natural and Agricultural Sciences students                        |
| <b>Contact time</b>           | 1 practical per week, 2 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 2  |

### Module content

By 2050 the world will have to feed more than 8 billion people. This module provides the initial science base in Food, Nutrition and Health and introduces some scientific principles and fundamental concepts.

Lectures: Introduction to food choice as affected by social factors, religious influences, ethnicity, health, safety, economics, food sensory properties; Introduction to the food supply chain with special emphasis on the nutritional, environmental, ethical and safety issues that are of importance to consumers; Hunger - food needs, including food and nutrition security, nature of nutritional problems, approaches to combat over- and undernutrition; Introduction to nutrition: Nutrients in foods; nutrient composition of foods; bioavailability of nutrients; diet and chronic diseases; the keys to healthy eating; Introduction to functional chemical components of food; Introduction to food processing and preservation; Introduction to food safety, hazards and risks; Introduction to food quality and consumer preferences; Importance of food legislation to ensure a healthy and safe food supply including nutritional labelling; health and nutrition claims; Food, Nutrition and Health issues in the News.

Practical work: Principles and practice of basic concepts in food, nutrition and health.

The information published here is subject to change and may be amended after the publication of this information. The [General Regulations \(G Regulations\)](#) apply to all faculties of the University of Pretoria. It is expected of students to familiarise themselves well with these regulations as well as with the information contained in the [General Rules](#) section. Ignorance concerning these regulations and rules will not be accepted as an excuse for any transgression.