

# University of Pretoria Yearbook 2019

## Nutrition 311 (VDG 311)

<b>Qualification</b>	Undergraduate
<b>Faculty</b>	<a href="#">Faculty of Natural and Agricultural Sciences</a>
<b>Module credits</b>	17.00
<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>	Afrikaans and English are used in one class
<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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