



# University of Pretoria Yearbook 2020

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

<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> <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.

All lectures and practical discussion sessions focus on the role of food science and nutrition in addressing the UN Sustainable Development Goals of achieving food security and improving good health and well-being (#1, 2, 3 and 6).

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