

University of Pretoria Yearbook 2022

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

Qualification	Undergraduate
Faculty	Faculty of Natural and Agricultural Sciences
Module credits	17.00
NQF Level	07
Programmes	BConSci (Food Retail Management) BConSci (Hospitality Management) BSc (Culinary Science) BSc (Food Science)
Prerequisites	No prerequisites.
Contact time	1 practical per week, 3 lectures per week
Language of tuition	Module is presented in English
Department	Consumer and Food Sciences
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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