

University of Pretoria Yearbook 2025

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

Qualification	Undergraduate
Faculty	Faculty of Natural and Agricultural Sciences
Module credits	8.00
NQF Level	05
Programmes	BSc in Food Management specialising in Nutrition BSc in Food Science
Prerequisites	Natural and Agricultural Sciences students
Contact time	1 practical per week, 2 lectures per week
Language of tuition	Module is presented in English
Department	Consumer and Food Sciences
Period of presentation	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).

The [General Academic Regulations \(G Regulations\)](#) and [General Student Rules](#) apply to all faculties and registered students of the University, as well as all prospective students who have accepted an offer of a place at the University of Pretoria. On registering for a programme, the student bears the responsibility of ensuring that they familiarise themselves with the General Academic Regulations applicable to their registration, as well as the relevant faculty-specific and programme-specific regulations and information as stipulated in the relevant yearbook. Ignorance concerning these regulations will not be accepted as an excuse for any transgression, or basis for an exception to any of the aforementioned regulations. The G Regulations are updated annually and may be amended after the publication of this information.

Regulations, degree requirements and information

The faculty regulations, information on and requirements for the degrees published here are subject to change and may be amended after the publication of this information.

University of Pretoria Programme Qualification Mix (PQM) verification project

The higher education sector has undergone an extensive alignment to the Higher Education Qualification Sub-Framework (HEQSF) across all institutions in South Africa. In order to comply with the HEQSF, all institutions are legally required to participate in a national initiative led by regulatory bodies such as the Department of Higher Education and Training (DHET), the Council on Higher Education (CHE), and the South African Qualifications Authority (SAQA). The University of Pretoria is presently engaged in an ongoing effort to align its qualifications and programmes with the HEQSF criteria. Current and prospective students should take note that changes to UP qualification and programme names, may occur as a result of the HEQSF initiative. Students are advised to contact their faculties if they have any questions.