

COURSE CODE: FSM 201

COURSE TITLE: INTRODUCTION TO FOOD AND NUTRITION -2 UNITS

COURSE SYNOPSIS: Definition and history of the science of nutrition; carbohydrates, fats, proteins, vitamins, minerals, water, cellulose, their sources, digestion, absorption of products and roles in the body function. Introduction to nutrients requirements and deficiencies.

LECTURE NOTES

LECT I: INTRODUCTION TO FOOD AND NUTRITION

- Overview of Nutrition
- What it means.
- Class of Nutrient
- Introduction to nutrients requirements and deficiencies.

LECT II: CARBOHYDRATES

- What Carbohydrates are
- Monosaccharides: Glucose, Fructose and Galactose.
- Disaccharides: Sucrose. Lactose and Maltose
- Oligosaccharides
- Polysaccharides: Starch, Dextrin, Cellulose
- Roles in the body

LECT III: CARBOHYDRATES

- Digestion, Absorption, and Transportation
- Metabolism of Carbohydrates
- Starch
- Cellulose
- Cellulose in Digestion
- What Dietary fiber is

LECT IV: PROTEINS

- What are proteins?
- Types of proteins
- Essential and Non essential protein
- Dietary sources of protein

- Digestion of protein
- Deficiency of protein
- Excess consumption
- Functions of proteins

LECT V: LIPIDS

- What are lipids
- Classification of Lipids
- Essential fatty acids
- Dietary sources

LECT VI: VITAMINS

- ❖ What are Vitamins?
- ❖ Fat soluble vitamins: A, D, E, K.
- ❖ Water soluble vitamins: B complex and C.
- ❖ Functions of Vitamins: What it does for the body.
- ❖ Dietary sources

LECT VII: MINERALS

- What are minerals
- Types of minerals
- Micro-minerals
- Macro-minerals
- Dietary sources

LECT VIII: WATER

- ✓ Roles in the body

LECT IX: ANTI-OXIDANT

- ❖ Phytochemicals and their subgroup
- ❖ Function of antioxidants

LECT X: MAL NUTRITION

- ✓ Illnesses caused by improper nutrient consumption

LECT XI: STUDENTS TERM PAPER PRESENTATION

LECT XII: CONTINUOUS ASSESSMENT TEST / REVISION