

100-1 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	生命期營養學	Serial No. / ID	0524 / MHI3007
Dept.	藥用植物與保健學系	School System / Class	大學日間部3年1班
Lecturer	謝文章	Full or Part-time	專任
Required / Credit	Optinal / 2	Graduate Class	No
Time / Place	(四)56 / J306	Language	Chinese

Introduction
Students in the Nutrition in Life Span class will be required to familiarized with 1. The influence of nutrition in each stage of human life span, 2.The biochemical, physiological, microbiological effects of major nutritional ingredients on human life span, and 3. Development of independent ability to the application of nutritional knowledge on daily life.

Outline
Class Introduction
01. Introduction
02. Carbohydrates
03. Proteins
04. Fatty acids
05. Vitamins
06. Minerals and water
07. Energy balance
08. Balanced food intake
09. Nutrition during pregnancy and breast feeding
10. Nutrition in infancy
11. Nutrition in childhood and puberty
12. Nutrition in mid age
13. Nutrition in diseases

Prerequisite
General chemistry, Biology