

# 101-2 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	營養學	Serial No. / ID	2367 / MHI3020
Dept.	藥用植物與保健學系	School System / Class	大學日間部3年1班
Lecturer	呂玟蓓	Full or Part-time	兼任
Required / Credit	Required / 2	Graduate Class	No
Time / Place	(一)12 / J315	Language	Chinese

Introduction
<ol style="list-style-type: none"><li>1.Nutrition basics.</li><li>2.Energy-yielding nutrients and alcohol.</li><li>3.Metabolism and energy balance.</li><li>4.Vitamins and minerals.</li><li>5.Nutrition application in the life cycle.</li></ol>

Outline
<ol style="list-style-type: none"><li>1. The science of nutrition</li><li>2. Tools of a healthy diet</li><li>3. The food supply</li><li>4. Human digestion and absorption.</li><li>5. carbohydrates</li><li>6. lipids</li><li>7. proteins</li><li>8. alcohol</li><li>9. energy metabolisms</li><li>10. energy balance, weight control and eating disorders</li><li>11. nutrition exercise and sport</li><li>12. the fat-soluble vitamins</li><li>13. the water-soluble vitamins</li><li>14. Water and major minerals</li><li>15. trace minerals</li><li>16. nutritional aspects of pregnancy and breastfeeding</li><li>17. nutrition during the growing years</li><li>18. nutrition during the adult years</li></ol>

Prerequisite
General chemistry, Organic chemistry