

102-2 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	營養學	Serial No. / ID	0590 / 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	(四)56 / H345	Language	Chinese

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

Outline
<ol style="list-style-type: none">1. The science of nutrition2. Tools of a healthy diet3. The food supply4. Human digestion and absorption.5. carbohydrates6. lipids7. proteins8. alcohol9. energy metabolisms10. energy balance, weight control and eating disorders11. nutrition exercise and sport12. the fat-soluble vitamins13. the water-soluble vitamins14. Water and major minerals15. trace minerals16. nutritional aspects of pregnancy and breastfeeding17. nutrition during the growing years18. nutrition during the adult years

Prerequisite
General chemistry, Organic chemistry