



University of Pretoria Yearbook 2016

Nutrition 311 (VDG 311)

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| Qualification | Undergraduate |
| Faculty | Faculty of Natural and Agricultural Sciences |
| Module credits | 17.00 |
| Programmes | BConsumer Science Foods: Retail Management BConsumer Science Hospitality Management BSc Food Management (4 years) |
| Prerequisites | [FSG 110 and FSG 120] or VDG 220 |
| Contact time | 1 practical per week, 3 lectures per week |
| Language of tuition | Double Medium |
| Academic organisation | Consumer Science |
| Period of presentation | Semester 1 |

Module content

The study of nutrients and water regarding their chemical composition, characteristics, basic digestion, absorption, metabolism, functions, food sources and symptoms of deficiency and toxicity. Energy metabolism. Dietary recommendations and guidelines, dietary guides and meal planning. The use and application of food composition tables in dietary analysis.

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