UE 20 HEALTH SYSTEMS: Nutrition

2 ECTS

Content

Classes*

• Introduction
  Food and health
  Bad habits observed in our food in the past 50 years
  The goals of the National Health and Nutrition Plan (Plan National Nutrition-Santé PNNS)

• Nutritional needs
  The body’s needs
  Recommended dietary allowances: energy requirements, nutrients (proteins, lipids, carbohydrates, vitamins, minerals and trace elements, dietary fibers)

• Food
  Dairy products
  Meat, eggs, fish and seafood
  Vegetables and fruits
  Bread and cereals
  Sugar and sweet products
  Fats
  Beverages
  Foods rich in antioxidant micronutrients
  Processed and industrialized foods
  Food labeling

• Balanced diet
  Body Mass Index (BMI)
  International classification of body weight and obesity
  Balanced distribution of nutrients: typical daily ration

• Food safety
  Food safety government structures
  Food allergies and intolerances
  Food-borne diseases
  Potential chemical contamination of foods

* Classes (all students in amphitheater).

Assessment

Final exam about classes.

Contact

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