



UNIVERSITI TEKNOLOGI MARA

FST307: BASIC NUTRITION

<b>Course Name (English)</b>	BASIC NUTRITION APPROVED
<b>Course Code</b>	FST307
<b>MQF Credit</b>	2
<b>Course Description</b>	This module covers the basic principles of human nutrition. Topics include functions, sources and daily requirements of macronutrients and micronutrients, physiological processes taking place in the human body during digestion and absorption of food, concept of energy balance and major disease related to nutrition.
<b>Transferable Skills</b>	Resourceful and Responsible
<b>Teaching Methodologies</b>	Lectures, Demonstrations, Field Trip
<b>CLO</b>	CLO1 Describe the theory of basic nutrition in human body. CLO2 Compute the total energy requirement from food intake in human body. CLO3 Share related nutritional issues in human body.
<b>Pre-Requisite Courses</b>	No course recommendations
<b>Topics</b>	
<b>1. Introduction</b> 1.1) Definition of food and nutrition 1.2) Factors affecting food choices 1.3) Food pyramid	
<b>2. Digestion and Absorption of Nutrients</b> 2.1) Digestion process 2.2) Absorption process	
<b>3. Macronutrients in Food, their Functions, Sources, Daily Requirement</b> 3.1) Carbohydrates 3.2) Fats 3.3) Proteins	
<b>4. Micronutrients in Food, their Functions, Sources, Daily Requirement</b> 4.1) Fat soluble vitamins 4.2) Water soluble vitamins 4.3) Major and trace minerals	
<b>5. Water</b> 5.1) Types 5.2) Function 5.3) Sources 5.4) Daily requirement 5.5) Major Deficiency and Toxicity Diseases	
<b>6. Energy</b> 6.1) Energy content of foods 6.2) Components of energy expenditure 6.3) Estimation of total energy requirement	
<b>7. Major Nutritional Diseases</b> 7.1) Obesity 7.2) Heart disease 7.3) Diabetes 7.4) Nutritional Assessments	

Assessment Breakdown	%
Continuous Assessment	70.00%
Final Assessment	30.00%

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Assignment	Calculation assignment based on Chapter 6 (Energy)	10%	CLO2
	Community Service	Community activity involving knowledge transfer based on basic nutrition knowledge.	30%	CLO3
	Test	Test 1: Chapter 1 (Introduction) & Chapter 2 (Digestion and Absorption of Nutrients)	10%	CLO1
	Test	Test 2: Chapter 3 (Macronutrients) & Chapter 4 (Micronutrients)	10%	CLO1
	Test	Test 3: Chapter 5 (Water) & Chapter 7 (Major Nutritional Diseases)	10%	CLO1

Reading List	Reference Book Resources
	<ul style="list-style-type: none"> <li>• Brown, J.E. 2016, <i>Nutrition Now</i>, 8th edition Ed., Cengage Learning USA</li> <li>• Byrd-Bredbenner, C., Berning, J., &amp; Moe, G. 2018, <i>Wardlaw's Perspectives in Nutrition.</i>, 11th edition Ed., Mc Graw Hill Higher Education USA</li> <li>• DeBruyne, L.K. &amp; Pinna, K. 2016, <i>Nutrition for health and health care.</i>, 6th edition Ed., Cengage Learning USA</li> <li>• Grosvenor, M. B. &amp; Smolin, L. A. 2017, <i>Visualizing Nutrition: Everyday Choices.</i>, 4th edition Ed., John Wiley &amp; Sons, Inc. USA</li> <li>• Insel, P., Ross, D., McMahon, K., &amp; Bernstein, M. 2018, <i>Discovering nutrition</i>, 6th edition Ed., Jones and Barlett Publishers, USA</li> <li>• Whitney, E.N. &amp; Rolfes, S.R. 2018, <i>Understanding Nutrition</i>, 15th edition Ed., Cengage Learning USA</li> </ul>
Article/Paper List	This Course does not have any article/paper resources
Other References	This Course does not have any other resources