



UNIVERSITI TEKNOLOGI MARA

HTF463: HUMAN NUTRITION

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| <b>Course Name (English)</b>  | HUMAN NUTRITION <b>APPROVED</b>   |   |
| <b>Course Code</b>            | HTF463  |   |
| <b>MQF Credit</b>             | 3   |   |
| <b>Course Description</b>     | This is an introductory course to provide fundamentals of human nutrition to enable the students to understand and think critically about the complex interrelationships between food, nutrition and health. The course encompasses basic principles of nutrition, including the all the nutrients, their benefits and pathway inside the body once consumed. Students will also learn about the sources of these nutrients, their deficiency and toxicity symptoms, as well as current topics and issues related to nutrition. |   |
| <b>Transferable Skills</b>    | Communication skills.<br>Analysis skills.<br>Information gathering skills.  |   |
| <b>Teaching Methodologies</b> | Lectures, Small Group Sessions , Project-based Learning   |   |
| <b>CLO</b>                    | CLO1 Describe the concepts of nutrition related to food and human physiology and anatomy.<br>CLO2 Assess the importance of macro and micronutrients and their roles for an adequate diet and healthy living.<br>CLO3 Demonstrate autonomous learning in nutrition concepts for healthy eating throughout the life cycle.  |   |
| <b>Pre-Requisite Courses</b>  | No course recommendations   |   |
| <b>Reading List</b>           | <b>Recommended Text</b>   | <ul style="list-style-type: none"> <li>• Drummond, K. E. and Brefere, L. M. 2013, <i>Nutrition for Foodservice and Culinary Professionals</i>, 8th Ed., Wiley [ISBN: 978-111842973]</li> <li>• Whitney, E. N. and Rolfes, S. R. 2015, <i>Understanding Nutrition</i>, 14 Ed., Cengage Learning [ISBN: 978-128587434]</li> <li>• Paul Insel, Don Ross, Kimberley McMahon 2013, <i>Nutrition</i>, 5th Ed., Jones &amp; Bartlett Publishers [ISBN: 9781449649241]</li> </ul> |
|                               | <b>Reference Book Resources</b>   | <ul style="list-style-type: none"> <li>• DeBruyne, L. K. and Pinna, K. 2013, <i>Nutrition for Health and Health Care</i>, 5th Ed., Cengage Learning [ISBN: 978-113359911]</li> <li>• Boyle, M.A. and Roth, S. L. 2015, <i>Personal Nutrition.</i>, 9th Ed., Brooks Cole [ISBN: 978-130511042]</li> <li>• Grosvenor, M.B. and Smolin, L. A. 2014, <i>Visualizing Nutrition: Everyday Choices.</i>, 3rd Ed., Wiley [ISBN: 978-111858311]</li> </ul>                         |
| <b>Article/Paper List</b>     | This Course does not have any article/paper resources   |   |
| <b>Other References</b>       | This Course does not have any other resources   |   |