UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Food Biochemistry

2021-2-H4101D006-H4101D017M

Aims

BIOCHEMISTRY OF NUTRITION- The module aims to describe the nutritional aspects as a source of energy in life.

Contents

BIOCHEMISTRY OF NUTRITION- Biochemical aspects of digestion and absorption of nutrients. Basal metabolic rate. Principles of power and fat-soluble vitamins. Homeostasis of carbohydrates, lipids and proteins. The fasting feeding cycle.

Detailed program

Nutrition biochemistry - Biochemical aspects of digestive processes and nutrient absorption. Basal metabolism. Caloric requirement in different physiological situations. Feeding principles. RDAs. Diets. Energy reserves of the organism. - Water-soluble and fat-soluble vitamins. - Homeostasis of carbohydrates, lipids and proteins. The feeding-fasting cycle. Classes of the main foods: 1) Animal: meat, fish, milk. 2) Vegetable: cereals, legumes, fruit, vegetables. 3) Minerals: water. Coffee, Energy Drink, Food Labels and regulations. Diets in comparison. Omnivorous / Vegetarian / Vegan Diets

Prerequisites

Knowledge of the introductory courses indicated in the regulation of the degree course

Teaching form

During the Covid-19 emergency period, lessons will take place remotely asynchronously with some events in synchronously and some in physical presence.

During the period of the lessons, presence groups will be organized to discuss topics and group exercises in presence and / or online synchronously

Textbook and teaching resource

Arienti - Le basi molecolari della Nutrizione , Piccin

Semester

Second Year, I semester

Assessment method

Written and oral examination

Office hours

By appointment