



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Food Biochemistry

2425-2-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. From nutrient to food. water- and fat-soluble vitamins. Homeostasis of carbohydrates, lipids and proteins. The fasting feeding cycle. Comparison between food habits.

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. Comparison between food habits. Omnivorous / Vegetarian / Vegan Diets.

Prerequisites

To take the Biological Chemistry and Molecular Biology exam it is necessary to pass the Propaedeutic Sciences exam

Teaching form

The lessons will be delivered and in person (6 lessons of 2 hrs)

Textbook and teaching resource

Arienti - Le basi molecolari della Nutrizione , Piccin

Semester

Second Year, I semester

Assessment method

Closed-answer test (4 multiple choice questions) to check your preparation on the exam programme

Office hours

By appointment request by email emanuela.cazzaniga@unimib.it

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION
