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

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