UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

# COURSE SYLLABUS

# Biochemistry of Nutrition

**2627-2-H4103D159-H4103D15902**

## Aims

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

## Contents

BIOCHEMISTRY OF NUTRITION- Basal metabolic rate. From nutrient to food. water- and fat-soluble vitamins. Comparison between food habits. Veg diet, mediterranean diet, fad diets, diet and longevity.

## Detailed program

Basal metabolism. Caloric requirement in different physiological situations. Feeding principles. RDAs. Diets. Water-soluble and fat-soluble vitamins. Classes of the main foods: 1) Animal: meat, fish, milk, eggs. 2) Vegetable: cereals, legumes, fruit, vegetables. 3) Minerals: water. Comparison between food habits. Omnivorous / Vegetarian / Vegan Diets.

## Prerequisites

To take the Biological Chemistry and Molecular Biology exam it is necessary to pass the General Biochemistry 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