



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Biochimica dell'Alimentazione

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
