COURSE NAME : NUTRITION

Credits: 2 (Lecture: 1.5 – Practice: 0.5)

COURSE EXPECTED LEARNING OUTCOMES

Notation	Course expected learning outcomes After successfully completing this course, students are able to	Program expected learning outcomes
Knowledge		
K1	**Apply** the role of nutrients in food to improve human health	ELO2, ELO3
K2	**Analyse** the relationship between nutritional status and disease and health, assessment of nutritional status, food security and nutrition	ELO2
Skill		
K3	**Proficiently** perform techniques in quality analysis of nutritional ingredients and products	ELO11
K4	**Work in groups** to solve problems, write and present reports of groups effectively.	ELO6
Attitude		
K5	**Show** respect for the regulations on food production in the field of nutritional food production	ELO15

COURSE DESCRIPTION

Chapter 1: Roles and requirements of nutrients

Chapter 2: Digestion and absorption of nutrients

Chapter 3: Nutrition, disease and community health

Chapter 4: Nutrition of different target groups

Chapter 5: Methods of assessing nutritional status

Chapter 6: Functional foods

Chapter 7: Food security

The course consists of 3 exercises:

- Formulation of nutritional products and processing of nutritional powder products for children from 1-2 years old
- Producing micronutrient soy milk
- Determination of energy, nutrients and diet balance

STUDENT TASKS

- Attend a minimum of 75% of theoretical periods, 100% practice.
- Prepare for lectures, read reference books before class
- Actively participate in asking questions, exchanging, participating in practice and showing interest in learning.

LEARNING METHODS

- Join the learning in class
- Read material at home before class
- Discussing, group work in practice and thematic room

ASSESSMENT METHODS

- Grading: 10
- Average score of course is the total points of rubrics multiplied by the respective weight of each rubric.
- Process evaluation: 40%: Attend class - 10%, Assessment of practice - 30%.
- 60% final assessment: multiple choice and essay

LECTURER IN CHARGE

1. Lecturer in charge: Dr. Nguyen Thi Hoang Lan(0984819164, hoanglan29172@gmail.com)

2. As.Prof Tran Thi Lan Huong (0912905691, ttlhuong@vnua.edu.vn)

VNUA Vietnam National University of Agriculture