

Level 4 course	Principle of Human Nutrition (201CLN)
Course description	<p>This course provides students with a fundamental and comprehensive knowledge of human nutrition, covering food composition from major nutrients, their digestion, absorption, transport, and excretion.</p> <p>At the end of the course the students will be able to:</p> <ul style="list-style-type: none">• Define nutritional requirements and terminology• Describe food digestion, absorption, and nutrient utilization• Understand roles of carbohydrates as a source of Energy• Distinguish between fats and their beneficial functions and adverse effects on human health.• Describe protein classes and their amino acid composition• Explains the digestion of proteins and the essential role of amino acids in overall health and growth.• Delve into the topic of body water balance and its various functions within the human body.
