

Module: G7 Basics of human nutrition		
Exam: G7 Basics of human nutrition	LV.-No.:	ECTS-Points: 5 CP
Recommended Semester: 2nd Semester	Module: Mandatory	Language: German
Responsible lecturer: Prof. Dr. Ursel Wahrburg	Cycle: Summer Term	Registration information: LSF
Lecturer in charge: Prof. Dr. Ursel Wahrburg		
Learning outcomes	Students are able <ul style="list-style-type: none"> • to apply the basic nutritional terminology to specific target groups and dietary targets • to deduce energy and nutrient requirements based on basic knowledge about the diet of healthy people and classify them in comparison to current actual values • to explain the physiologic importance of the foodstuffs and their nutrients for humans • to apply dietary recommendations from responsible institutions 	
Form of exam	Written exam	
Form of teaching	Lecture	
Course contents	<ul style="list-style-type: none"> • Nutritional situation in Germany • Energy turnover and energy input • Nutrient requirements of healthy people and reference values • Calculation of dietary energy and nutrient contents of foods and criteria for the evaluation of a balanced diet • Nutritional importance of macronutrients • Valuable and value-decreasing ingredients of food • Nutritional societies and recommendations 	
Workload	Presence (2 SWS): Preparation and Follow-up: Sum:	30 h 120 h 150 h
Requirements	None	
Literature	<ul style="list-style-type: none"> • Lecture notes • Elmadfa I, Leitzmann C: Ernährung des Menschen. Eugen Ullmer Verlag, Stuttgart. • Hahn A, Ströhle A, Wolters M: Ernährung. Physiologische Grundlagen, Prävention, Therapie. Wissenschaftliche Verlagsgesellschaft, Stuttgart. • Deutsche Gesellschaft für Ernährung (DGE): DACH Referenzwerte für die Nährstoffzufuhr. Umschau Verlag, Frankfurt. 	