

# Nutrition humaine

**Lecturer**

Carine DE VRIESE (Coordinator)

**Course mnemonic**

PHAR-J402

**ECTS credits**

5 credits

**Language(s) of instruction**

French

**Course period**

Second term

## Course content

The course develops biochemical and physico-chemical concepts (reactive oxygen species, vitamins, Maillard reaction, the contribution of the colonic microflora to digestion, dietary fibers, alteration and conservation of food, ...). It covers food law (HACCP, contaminants and food additives, ...), the systematic and the analysis of the key foods and phytonutrients.

## Objectives (and/or specific learning outcomes)

The course is conceived as an introduction to the course of Nutrition. It develops the physico-chemical and biochemical notions useful for understanding the composition, cooking, alteration, preservation and digestion of food.

## Teaching method and learning activities

The "ex cathedra" course will apply the concepts and physicochemical analytical methods seen in other courses to these various biological matrices to develop the composition, adulteration, additives and residues, and this, in order to prepare for the Nutrition course. The program of practical work focuses

on analytical methods applied to foods, mainly to assess the nutritional qualities. It allows students to work in groups to analyze and compare their own foods (meat, vegetables, fats, sweets, ...).

## References, bibliography and recommended reading

Kirk R.S., Sawyer R. (1991) "Pearson's composition and analysis of foods", Longman Scientific et Technical, Harlow, England. Belitz H.-D., Grosch W.(1999) "Food Chemistry", Springer, Berlin, Germany Mazza G.(1998)"Functional Foods" , Technomic, Lancaster, England

## Other information

### Contact(s)

Campus Plaine Bât. B-C, niveau 6, local 109 CP 205/9, Bd du Triomphe 1050 Bruxelles.

## Evaluation method(s)

Other

### Evaluation method(s) (additional information)

Course: Written test. Laboratory work: Assessment of group work and individual control of the knowledge on concepts taught in the laboratory.

### Main language(s) of evaluation

French

## Programmes

### Programmes proposing this course at the faculty of Pharmacy

MA-PHAR | Master in Pharmacy | finalité Professional/unit 1