### 《生活中的营养学》课程简介

**课程号**：504178020 **课程名称**：生活中的营养学

**总 学 时：**32 **学 分**：2

**先修课程：**无 **面向对象：**本科生

**考核方式：**考试 **任课教师：**阴文娅 李鸣

**课程简介：**本课程以培养我校学生树立正确健康的生活理念为总目标，通过授课、实习、研讨等方式，对学生实际情况与其关注问题（膳食及食品安全热点）进行分析，普及和提高学生对现代营养和食品安全的基本理论知识和实际鉴别能力，科学认识食品营养和安全，从而增强自我保健意识和预防营养型和食源性疾病。主要讲授基本营养学概念及知识，各类食物的营养价值，我国居民的膳食结构特点与膳食指南，食品安全与食物中毒及食品添加剂，不同生理阶段人群所需营养，目前大学生易患疾病的营养防治措施及以“三高”为代表的慢性病营养对策。要求学生掌握生活中常见的营养与食品安全知识，树立良好的生活健康心态和方式，在今后的日常学习工作中实践营养学知识。

**推荐教材或主要参考书：**黄承钰主编：《特殊人群营养》 人民卫生出版社，2009年；黄承钰主编：《医学营养学》，第一版，人民卫生出版社，2003年；[孙长颢](http://baike.baidu.com/view/2804974.htm" \t "_blank)主编，《营养与[食品卫生学](http://baike.baidu.com/view/1784799.htm" \t "_blank)》，人民卫生出版社，第六版，2007年

**Course Code:** 504178020 **Course Name:** Nutrition in Life

**Total Hours :** 32 **Credit: 2**

**Textbook name:** Teaching material:《Nutrition of specific population》, Huang,Chengyu, People's Medical Publishing House, 2009; 《Medical Nutrition》, Huang,Chengyu, People's Medical Publishing House, 2003; 《Nutrition and Food Hygiene》, Sun,Changhao People's Medical Publishing House, 2007

**Course Description：**This course aims to cultivate the correct health concept of life as the general objective from the students in our school. Through teaching, practicing discussion and other ways, the course would analyze the student's actual situation and problems in their diets and food safety. We like to popularizing and improving the basic theoretical knowledge and practical identification ability of the students about modern nutrition and food safety. All the scientific understanding of food nutrition and safety will strengthen the consciousness of self health care and prevention of nutritional and food-borne diseases. The main parts include the basic concept and knowledge of nutrition, all kinds of food nutrition value; characteristics and dietary guidelines dietary structure of residents in China; food safety, food poisoning and food additives; nutrition of specific population in different life stages; nutritional measures for the susceptible disease and the chronic diseases. It requires the students to master the common knowledge of nutrition and food safety in theirs lives, establishing good healthy way of life to gain healthier body in future.