

Course Outline – (Basic Principles in Food and Nutrition)

Course Number	103 FSN
Course Title	Basic Principles in Food and Nutrition
Credit Hours	2
Prerequisites	-
Laboratory	-
Instructor's name	Dr. Mohammed Alamri
Hours per week (Laboratory)	-
Hours /week (Lecture)	2
Course Description	<ul style="list-style-type: none"> - Overview of food Importance and the Nutritional status in the Kingdom and worldwide - Food Components - Food Quality Control and Regulation. - Food Safety - Malnutrition Diseases - Food Groups (milk-meat-legumes and eggs-vegetables-fruits-cereal and bread products) - Physical, chemical and microbial spoilage of foods - Introduction to food preservation
Course Objectives	<p>The student will recognize the following objectives:</p> <ol style="list-style-type: none"> 1- To distinguish between Food science and Nutrition Science. 2- The importance of food in Saudi Arabia and worldwide 3- Food Components (Lipids/Proteins...etc) 4- The spoilage of foods 5- The different methods of food preservation (temporary or permanent) 6- Food Commodities and their products 7- Malnutrition diseases

Required Texts and/or Major References	Hamilton, N.H.; Whitney, E.N. and Sizer, F.S.C. 1998. Nutrition Concept and Controversies, West Publishing Company, New York	
Evaluation (How is course grade determined?)	<ul style="list-style-type: none"> - Two exams in the week No.:7 and 13 (20 marks each) - Quizzes and assignments(10 marks) - Final exam(50 marks) 	
Lectures Topical Outline	Week No.	Subject
	1	Introduction (including overview of Food)
	2	Food Importance and Nutritional status in the Kingdom and worldwide
	3-6	Food groups (Lipids/ Proteins/ Vitamins...etc)
	7	First Exam
	8-10	Spoilage of Food -Physical -Chemical -Microbial
	11-12	Introduction to food preservation -Short methods -Long methods
	13	Second Exam
	14-16	Food Commodities -Milk and dairy products -Vegetable and fruits -Meat products -Cereals -Lipids -Sugars

