**基础营养（20.002.0.3）**

基础营养是研究食物及其所含的营养素与人体健康关系的一门课程，是食品卫生与营养学专业的主干必修课。其任务是通过教学，使学生掌握人体所需的六大营养素的生理功能、营养状况评价、人体代谢、供给量和食物来源等内容。熟悉各类食物，如谷类、豆类、蔬菜水果，鱼、肉、蛋、奶等的营养特点和营养价值，加工和烹调等对食物营养价值的影响等。了解植物化学物，如皂甙类、多酚类、蛋白酶抑制剂和植物雌激素等的基本概念、分类、吸收和代谢等内容，了解现代营养学的发展史等。

希望通过对本课程的教学，引导学生探索营养学知识，培养学生对本专业的兴趣和热爱。

Basic nutrition is a course to study the relationship between food and nutrients contained in it and human health. Its mission is to enable students to master the physical function of the six nutrients needed by the human body, nutritional status evaluation, human metabolism, supply and food sources. Familiar with all kinds of food, such as cereals, legumes, vegetables, fruits, fish, meat, eggs, milk and other nutritional characteristics and nutritional value, processing and cooking on the nutritional value of food, etc.. Understand the basic concepts, classification, absorption and metabolism of phytochemicals, such as saponins, polyphenols, protease inhibitors and phytoestrogens.

Hope that through the teaching of this course, to guide students to further the knowledge of nutrition, and cultivate students' interest and love for this major.