

科目ナンバリング		U-LAS40 10009 LE26									
授業科目名 <英訳>		Nutrition and Health-E2 Nutrition and Health-E2				担当者所属 職名・氏名		医学研究科 助教 LUO , Yan			
群	健康・スポーツ科目群			分野(分類)	健康・スポーツ科学(基礎)			使用言語	英語		
旧群		単位数	2単位	週コマ数	1コマ	授業形態	講義（対面授業科目）				
開講年度・ 開講期	2024・後期		曜時限	木3		配当学年	全回生	対象学生	全学向		
【授業の概要・目的】											
<p>This course provides an overview of fundamental knowledge of food and nutrition. We will cover core nutritional concepts and explore special topics in nutrition using locally and internationally relevant examples. Major nutrients and their impact on health will be explored. Students will learn how to critically evaluate scientific evidence and will be encouraged to make informed decisions based on their own interpretations of value. To bring the learning experience to a practical level, we will learn the skills of designing a healthy diet and the importance of maintaining a healthy diet through proper nutritional assessment and analysis. Additionally, we will explore the impact of cooking and eating habits on health. The course will also address nutrition in special populations and discuss various nutrition-related diseases. Finally, we will explore diverse food cultures worldwide.</p> <p>The class includes lectures, pair and group presentations, peer Q &amp; A exchange, and other activities to enhance learning and engagement.</p>											
【到達目標】											
<ol style="list-style-type: none"> <li>1. To understand the roles of major nutrients, cooking and eating habits on health.</li> <li>2. To acquire strategies for initiating and sustaining a healthy diet.</li> <li>3. To develop critical evaluation skills for assessing scientific evidence and making informed decisions.</li> <li>4. To practice problem-solving abilities by asking questions and conducting thorough information collection and assessment.</li> <li>5. To cultivate an appreciation for diverse cultures and their unique food practices.</li> </ol>											
【授業計画と内容】											
<p>In principle, the course will be offered according to the following plan. The order and content may be subject to slight changes.</p> <p>Week 1: Course introduction</p> <p>Week 2: Macronutrients</p> <p>Week 3: Micronutrients</p> <p>Week 4: Hydration and beverage choices</p> <p>Week 5: Designing a balanced diet</p> <p>Week 6: Nutritional assessment and diet analysis</p> <p>Week 7: Health products &amp; Supplements</p> <p>Week 8: Cooking</p> <p>Week 9: Eating</p> <p>Week 10: Diseases related to unbalanced diet</p> <p>Week 11: Diseases related to eating behaviors</p> <p>Week 12: Nutrition in special populations</p> <p>Week 13-14: Food cultures in Japan and in the world: Group presentations</p> <p>Week 15: Summary</p> <p>Week 16: Feedback</p>											
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## Nutrition and Health-E2(2)

### **【履修要件】**

特になし

### **【成績評価の方法・観点】**

Attendance and active participation - 50%

Presentation - 25%

Reflection paper - 25%

### **【教科書】**

使用しない

### **【参考書等】**

（参考書）

Reference materials will be provided during the class.

### **【授業外学修（予習・復習）等】**

Students are expected to attend classes, complete the assignments and reports, and contribute to discussions and presentations.

### **【その他（オフィスアワー等）】**

Students may ask questions or request to schedule an in-person appointment via email.