

IDENTIFICATION

Course code : E3AG5RD8
ECTS : 1.5

DURATION

Lectures : 6
Tutorial classes : 16
Labs : 0
Total : 22

Project :
Personnal work :

ASSESSMENT

Continuous assessment Individual know-
ledge evaluation Project-based learning
with submission of a group report

TEACHING MATERIALS

Course and tutorial materials made avail-
able

LANGUAGE

English

CONTACT

Cyrielle GARCIA
cyrielle.garcia@univ-reunion.fr

Modifié le : 14 juillet 2026

UE : UE5-R

COURSE : Nutrition 1 - Nutrient needs and intakes

SCOPE OF THE COURSE

OBJECTIVES

Be able to identify the nutritional needs of a population. Be able to determine the nutritional value and quality of a food in relation to scientific context and public health issues. Know the regulatory context and be able to create nutritional labeling for foods.

COMPETENCE AND SKILLS

Develop a simple specification sheet based on predefined constraints. Formulate and transform a product. Adapt and select product characterization methods (physicochemical, rheological, sensory, nutritional, shelf life) according to objectives.

PROGRAM

- Concept of energy balance, methodology for exploring nutritional status and identifying needs.
- Role of nutrients, identification of food sources.
- Public health context and nutritional prevention policy, recommendations and reference intervals for the general population and specific populations.
- Determining nutritional quality factors
- Regulations regarding labeling

BIBLIOGRAPHY

Apports nutritionnels conseillés pour la population française, 3rd edition - Afssa 2001 Update of PNNS benchmarks : Development of nutritional references – Anses, Dec. 2016

REQUIREMENTS

Structure of biomolecules