

OBJECTIVE

Nutrition is the science of food, nutrients & other substances. It includes the processes by which the organism ingests, digests, absorbs, transports & utilizes the nutrients & disposes of their end products.

The objectives of the present study module are as follows:

- 1) Nutrients- definition, essential nutrients
- 2) Types of nutrients-Macro & micronutrients
- 3) Deficiency of nutrients & toxicity
- 4) Manifestations of nutrients - underweight & overweight/obesity
- 5) Energy & its requirements
- 6) Units of energy
- 7) Energy value of foods
- 8) RDA, BMR & BMI