

**朝陽科技大學 098學年度第2學期教學大綱**  
**Food and Nutrition 食品營養**

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|--------|---|--------------------|--|
| 當期課號   | 9058  | Course Number      | 9058   |
| 授課教師   | 陳耀寬   | Instructor         | CHEN,YAO KUAN  |
| 中文課名   | 食品營養  | Course Name        | Food and Nutrition   |
| 開課單位   | 自然與科技發展課群(進)  | Department         |  |
| 修習別    | 選擇必修  | Required/Elective  | Topics in Natural and the? Development of Sciences   |
| 學分數    | 2   | Credits            | 2  |
| 課程目標   | 1.食品的一般成分概述 2.營養五大類<br>3.食品的特殊成分 4.食品成分之變化<br>5.消化與吸收 6.食品的營養價值及基礎飲食計劃                            | Objectives         | 1.The general introduction of food"s composition. 2.The five nutritions of food. 3.The special matter of food. 4.The chemical or enzyme reaction of food. 5.The digestion and absorption. 6.The value of food and plan of eating.                |
| 教材     | 自編教材和參考課書講解與互動討論，輔以網路資訊和電腦PPT檔投影片或DVD說明和討論。   | Teaching Materials | Textbook,ppt files,and DVD film for explanation and discussion.  |
| 成績評量方式 | 期中考30%<br>期末考40%<br>平時表現30%   | Grading            | Middle exam. 30%<br>Final exam. 40%<br>General test 30%  |
| 教師網頁   | -   |                    |  |
| 教學內容   | 1.食品成份分類及重要性<br>2.營養五大類及水份<br>3.食品的特殊添加劑及功效<br>4.食品成份的化學變化及酵素反應<br>5.人體的消化與吸收<br>6.食品的營養價值及基礎飲食計劃 | Syllabus           | 1.The general introduction of food's composition.<br>2.The five nutritions of food.<br>3.The special matter of food.<br>4.The chemical or enzyme reaction of food.<br>5.The digestion and absorption.<br>6.The value of food and plan of eating. |

尊重智慧財產權，請勿非法影印。