

Plagiarism Scan Report



Characters:1022

Words:161

Sentences:6

Speak Time:
2 Min

Excluded URL

None

Content Checked for Plagiarism

My expectations for this course and the FCOS as a whole is to be able to get deep insights into the various foods available in Ghana, their groupings and functions in the body, including an understanding of the biological and chemical principles of nutrition, the ability to analyze and evaluate the nutritional content of various foods, the nutritional requirements and how to be able to plan and apply dietary guidelines in creating nutritionally balanced meals. At the end of the course, I would be able to understand food preparation methods, the mode of heat transfer, measuring techniques and also have adequate skillset in laboratory appliances and their uses, hygiene practices and safety measures in the kitchen and laboratory including selection of ingredients based on their nutrient composition. Additionally, at the end of the course, I would be able to acquire skills in nutritional assessment and health promotion, while also developing critical thinking and research abilities to contribute to the field.

Sources

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