

## SYLLABUS

### 1. COURSE DESCRIPTION

<b>Degree:</b>	<b>Nutrition and Dietetics</b>
<b>Course:</b>	<b>Functional Foods and New Food Design</b>
<b>Module:</b>	<b>Food Science</b>
<b>Department:</b>	<b>Physiology, Anatomy and Cell Biology</b>
<b>Academic Year:</b>	<b>2017-18</b>
<b>Term:</b>	<b>Second</b>
<b>ECTS credits:</b>	<b>4.5</b>
<b>Year:</b>	<b>3<sup>rd</sup> year</b>
<b>Type:</b>	<b>Optional</b>
<b>Language:</b>	<b>Spanish</b>

<b>Course Model:</b>	<b>B1</b>	
<b>a. Basic learning (EB):</b>		<b>60%</b>
<b>b. Practical learning (EPD):</b>		<b>40%</b>
<b>c. Guided Academic Activities (AD):</b>		

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### 2. LECTURERS

**2.1. Coordinator: María Jesús Oliveras López**

<b>2.2. Lecturers:</b>	
<b>Name:</b>	<b>María Jesús Oliveras López</b>
<b>School:</b>	<b>School of Experimental Sciences</b>
<b>Department:</b>	<b>Molecular Biology and Biochemical Engineering</b>
<b>Area:</b>	<b>Nutrition and Bromatology</b>
<b>Office Hours:</b>	<b>Mondays: 10.00-13.00 and Tuesdays: 10.00-13.00 (please, make a previous appointment through e-mail)</b>
<b>Office:</b>	<b>22.B09</b>
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<b>Name:</b>	<b>Ignacio Jáuregui Lobera</b>
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### 3. TOPICS

#### **BASIC LEARNING (EB):**

##### 1. FUNCTIONAL FOODS, NEW FOODS, LEGISLATION AND DESIGN

UNIT 1. Introduction: Functional foods and new foods. Current consumption of functional foods.

UNIT 2. Functional foods and health.

UNIT 3. Legislation of functional foods and health allegations. Food safety. New foods legislation.

UNIT 4. New foods and new food ingredients.

UNIT 5. Design and improvement of functional foods. Innovation and development.

UNIT 6. Types of functional ingredients. Prebiotics, probiotics, lipids, proteins and carbohydrates.

##### 2. FUNCTIONAL FOODS AND CHRONIC DISEASES

UNIT 7. Functional foods and cardiovascular diseases.

UNIT 8- Functional foods and obesity.

UNIT 9 - Functional foods and diseases of the digestive system.

UNIT 10- Functional foods and diseases of the nervous system.

UNIT 11- Methodology in the study of functional foods.

#### **PRACTICAL LEARNING (EPD):**

Practice 1. Identification of functional foods and study of their labelling in commercialised products.

Practice 2. Design and technological formulation of functional foods.

Practice 3. Practical activities on functional foods and diseases.

Practices 4 and 5. Practical activities on functional foods and the function of the dietitian-nutritionist.