

SCHOOL	ENVIRONMENT		
ACADEMIC UNIT	FOOD SCIENCE AND TECHNOLOGY		
LEVEL OF STUDIES	UNDREGRADUATE		
COURSE CODE	FST923	SEMESTER	6
COURSE TITLE	FUNCTIONAL FOODS		
INDEPENDENT TEACHING ACTIVITIES <i>if credits are awarded for separate components of the course, e.g. lectures, laboratory exercises, etc. If the credits are awarded for the whole of the course, give the weekly teaching hours and the total credits</i>		WEEKLY TEACHING HOURS	CREDITS
	Lectures	3	
	Total	3	6
<i>Add rows if necessary. The organisation of teaching and the teaching methods used are described in detail at (d).</i>			
COURSE TYPE <i>general background, special background, specialised general knowledge, skills development</i>	Specialized general knowledge		
PREREQUISITE COURSES:	-		
LANGUAGE OF INSTRUCTION and EXAMINATIONS:	Greek		
IS THE COURSE OFFERED TO ERASMUS STUDENTS	Yes (English/Greek)		
COURSE WEBSITE (URL)			

Learning outcomes

The course learning outcomes, specific knowledge, skills and competences of an appropriate level, which the students will acquire with the successful completion of the course are described.

Consult Appendix A

- Description of the level of learning outcomes for each qualifications cycle, according to the Qualifications Framework of the European Higher Education Area
- Descriptors for Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning and Appendix B
- Guidelines for writing Learning Outcomes

Upon successful completion of the course the student will be able to:

- To know the most important categories of functional foods
- To understand their role in disease prevention and health promotion
- To know the potential risks that lurk from their improper use
- To critically evaluate, analyze and discuss the scientific literature, the latest research developments on functional components
- To apply knowledge to develop new functional foods for the market
- To recognize the relevance of nutrition and health claims

General Competences

Taking into consideration the general competences that the degree-holder must acquire (as these appear in the Diploma Supplement and appear below), at which of the following does the course aim?

Search for, analysis and synthesis of data and information, with the use of the necessary technology Adapting to new situations Decision-making Working independently Team work Working in an international environment Working in an interdisciplinary environment Production of new research ideas	Project planning and management Respect for difference and multiculturalism Respect for the natural environment Showing social, professional and ethical responsibility and sensitivity to gender issues Criticism and self-criticism Production of free, creative and inductive thinking Others...
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1. Adapting to new situations
2. Working independently
3. Team work
4. Criticism and self-criticism
5. Production of free, creative and inductive thinking
6. Search for, analysis and synthesis of data and information, with the use of the necessary technology

SYLLABUS

- Relationship between nutrition and health: Introduction to the importance of nutrients with emphasis on the correlation of dietary patterns with the prevention of chronic diseases
- Introduction to Functional Foods: Definition, categorization, role. Safety studies, bioavailability and bioactivity.
- Functional Foods, Bioactive Ingredients and Health Promotion: An Analysis of categories and the most important cases of functional food, the legislative framework that governs them and the potential beneficial effects of the main bioactive ingredients (antioxidants, probiotics, fiber, fatty acids, phytosterols, peptides, etc.).
- Trends and perspectives: The role of functional foods in modern times, in weight control, in sports and in industry concepts of superfoods, novel foods, genetics modified foods and pesticides.

TEACHING and LEARNING METHODS - EVALUATION

DELIVERY <i>Face-to-face, Distance learning, etc.</i>	Face-to-face	
USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY <i>Use of ICT in teaching, laboratory education, communication with students</i>	Use of ICT in teaching. Communication with students via e-class, e-mail, etc.	
TEACHING METHODS <i>The manner and methods of teaching are described in detail. Lectures, seminars, laboratory practice, fieldwork, study and analysis of bibliography, tutorials, placements, clinical practice, art workshop, interactive teaching, educational visits, project, essay writing, artistic creativity, etc. The student's study hours for each learning</i>	<i>Activity</i>	<i>Semester workload</i>
	Lectures	117

<i>activity are given as well as the hours of non-directed study according to the principles of the ECTS</i>		
	Total contact hours and training	117
STUDENT PERFORMANCE EVALUATION <i>Description of the evaluation procedure</i> <i>Language of evaluation, methods of evaluation, summative or conclusive, multiple choice questionnaires, short-answer questions, open-ended questions, problem solving, written work, essay/report, oral examination, public presentation, laboratory work, clinical examination of patient, art interpretation, other</i> <i>Specifically-defined evaluation criteria are given, and if and where they are accessible to students.</i>	<ul style="list-style-type: none"> • Presentations • Final exams 	

ATTACHED BIBLIOGRAPHY

- Sflomos, K. (2019). Bioactive foods: Additives and Food Supplements. Publication: Tsotras Athanasios
- Koutelidakis, A. (2015). Functional Foods: Their role on health promotion. Ziti Publications (ISBN: 978-960-456-425-5).