

Academic Year/course: 2021/22

68764 - Advances in nutrition, diet and health

Syllabus Information

Academic Year: 2021/22

Subject: 68764 - Advances in nutrition, diet and health

Faculty / School: 105 - Facultad de Veterinaria

Degree: 631 - Master's Degree in Food Quality, Safety and Technology

ECTS: 3.0

Year: 1

Semester: Second semester

Subject Type: Optional

Module:

1. General information

2. Learning goals

3. Assessment (1st and 2nd call)

4. Methodology, learning tasks, syllabus and resources

4.1. Methodological overview

The course and its requirements will be introduced in the : course content and objectives, description of the first session workload (assessment activities, recommended bibliography, etc.). General concepts will also be presented.

Lectures tackle general concepts on food or food components with health effects, legal regulation, nutritional and health claims, as well as scientific evaluation. Theory and are combined and active learning is problem-based sessions encouraged.

Practice sessions on organic food will be held in the laboratory.

Course materials will be available at the virtual platform Moodle as well as at the reprography service of the Faculty of Veterinary.

4.2. Learning tasks

The course includes the following learning tasks:

- Students will attend and participate in theory and practice sessions, as well and in problem-based sessions.
- Students will attend to laboratory practice sessions focused on organic food, and a final report should be submitted.
- Students must write a report on a selected food or food component with health effects and make a public oral defense of the work. Students are supervised by teachers.

4.3. Syllabus

The course will address the following [topics](#):

Theoretical-practical sessions. 26 hours

- First session: Course introduction. General concepts
- Functional food: General concepts and design
- Nutritional and Health claims: Scientific evaluation
- Dietary bioactive components

- Phenolic compounds
- Food supplements
- Dietetic products
- Organic food: General concepts, legal regulation and hygienic, nutritional and organoleptic quality
- Oral presentation of individual reports and discussion

Laboratory practice sessions. 4 hours

- Determination of antioxidant activity (2 h)
- Sensorial assessment of organic food (2 h)

4.4. Course planning and calendar

Further information concerning the timetable, classroom, assessment dates and other details regarding this course, will be provided on the first day of class or please refer to the Faculty of Veterinary Medicine website <http://veterinaria.unizar.es/>

4.5. Bibliography and recommended resources

The literature of the academic year is kept updated and is consulted on the Library website (biblioteca.unizar.es / recommended bibliography).