

63018 - Advances in nutrition, diet and health

Información del Plan Docente

Academic Year	2016/17
Academic center	105 - Facultad de Veterinaria
Degree	566 - Master's in Food Quality, Safety and Technology
ECTS	3.0
Course	1
Period	First semester
Subject Type	Optional
Module	---

1.Basic info

1.1.Recommendations to take this course

1.2.Activities and key dates for the course

2.Initiation

2.1.Learning outcomes that define the subject

2.2.Introduction

3.Context and competences

3.1.Goals

3.2.Context and meaning of the subject in the degree

3.3.Competences

3.4.Importance of learning outcomes

4.Evaluation

5.Activities and resources

5.1.General methodological presentation

The learning process is based on the following:

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

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

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encouraged.

Practical sessions on organic foods will be performed in laboratory.

Course materials will be available at the digital teaching platform of Universidad de Zaragoza as well as at the reprography service of Facultad de Veterinaria.

5.2.Learning activities

Students will attend and participate in theoretical-practical sessions, as well and in problem-based sessions. They also will participate in laboratory practical sessions focused on organic foods, where a final report should be presented.

Students must write a report on a selected food or food component with health effects and make a public defense of the work. Students are supervised by teachers.

5.3.Program

1: **Theoretical-practical sessions.** 28 hours

Course contents are presented. Lectures and Problem-based learning classes are combined and active learning is encouraged. Topics are the following:

- First class session: Course introduction. General concepts.
- Functional foods: General concepts and design
- Nutritional and Health claims: Scientific evaluation
- Dietary bioactive components
- Phenolic compounds
- Food supplements
- Dietetic products
- Organic foods: General concepts, legal regulation and hygienic, nutritional and organoleptic quality
- Oral presentation of individual reports and discussion

2: **Practical sessions (Laboratory).** 2 hours

- Sensorial assessment of organic foods

5.4.Planning and scheduling**5.5.Bibliography and recomended resources**