

FDE562 Functional Foods

Department of Food Engineering – Elective course

Credit: 3 ECTS: 7.5



Course Description: This course provides students with a comprehensive understanding of functional foods and their health benefits. Students will explore specific functional ingredients, including dietary fiber, oligosaccharides, sugar alcohols, peptides, proteins, glycosides, minerals, fatty acids, and phytochemicals, examining how these components promote health. The course emphasizes functional foods derived from plant and animal sources, highlighting their potential for disease prevention and health enhancement.

Course Outcomes:

- Define functional foods and recognize their significance in human health.
- Identify and describe key functional ingredients and their individual health benefits.
- Analyze the role of dietary fiber, oligosaccharides, and other functional components in promoting well-being.
- Evaluate functional foods from plant and animal sources, understanding their contributions to health.
- Explain the potential preventive health benefits associated with consuming functional foods.
- Apply knowledge of functional ingredients to recommend dietary choices for improved health outcomes.