

## 63018 - Advances in nutrition, diet and health

### Información del Plan Docente

Academic Year	2017/18
Faculty / School	105 - Facultad de Veterinaria
Degree	566 - Master's in Food Quality, Safety and Technology
ECTS	3.0
Year	1
Semester	First semester
Subject Type	Optional
Module	---

### 1.General information

#### 1.1.Introduction

#### 1.2.Recommendations to take this course

#### 1.3.Context and importance of this course in the degree

#### 1.4.Activities and key dates

### 2.Learning goals

#### 2.1.Learning goals

#### 2.2.Importance of learning goals

### 3.Aims of the course and competences

#### 3.1.Aims of the course

#### 3.2.Competences

### 4.Assessment (1st and 2nd call)

#### 4.1.Assessment tasks (description of tasks, marking system and assessment criteria)

### 5.Methodology, learning tasks, syllabus and resources

#### 5.1.Methodological overview

The course and its requirements will be introduced in the **first 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 food or food components with health effects, legal regulation, nutritional and health claims, as well as scientific evaluation. Theory and **problem-based sessions** are combined and active learning is encouraged.

## 63018 - Advances in nutrition, diet and health

**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.

### 5.2.Learning tasks

The course includes the following learning tasks:

- Students will attend and participate in theory and practice sessions, as well as 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.

### 5.3.Syllabus

The course will address the following topics:

#### **Theoretical-practical sessions. 28 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. 2 hours**

- Sensorial assessment of organic food

### 5.4.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/>

### 5.5.Bibliography and recommended resources