

Syllabus

Course Description

Course Title	Novel and Functional Foods
Course Code	44738
Course Title Additional	
Scientific-Disciplinary Sector	MEDS-08/C
Language	English
Degree Course	Master in Food Sciences for Innovation and Authenticity
Other Degree Courses (Loaned)	
Lecturers	Dr. Pedro Miguel Mena Parreno, PedroMiguel.MenaParreno@unibz.it https://www.unibz.it/en/faculties/agricultural-environmental-food-sciences/academic-staff/person/44390
Teaching Assistant	
Semester	First semester
Course Year/s	2
CP	2
Teaching Hours	20
Lab Hours	-
Individual Study Hours	30
Planned Office Hours	6
Contents Summary	-
Course Topics	1) Regulation and information to consumers on novel foods 2) Functional foods and European regulation on health claims 3) Brief notes on dietary bioactive compounds 4) Food groups with potential beneficial effects on human health
Keywords	
Recommended Prerequisites	Basic knowledge of human nutrition.
Propaedeutic Courses	
Teaching Format	Frontal lectures will be carried out on site. During lessons,

	examples and problem-solving exercises will be presented and discussed, to favor interaction with and among students. The didactic material consists mainly of the slides discussed during the lectures, available in Elly. Attendance to the lessons is strongly recommended, as well as the participation to the discussion. It is important to highlight the role of Elly as a communication platform between the lecturer and the students. The material used for the lectures will be upload in the platform and will serve for the preparation of the written exam.
Mandatory Attendance	No
Specific Educational Objectives and Learning Outcomes	At the end of the training activity, the student should have acquired knowledge and skills related to 1) the EU regulation on novel foods, 2) the EU regulation on health claims, and 3) the relationship between foods/nutrients/bioactive compounds and their protective effects on human health. Knowledge and understanding skills: Understanding the relationship between foods/nutrients/bioactive compounds and their protective effects on human health. Knowing the main EU regulations of nutritional interest, including that on novel foods. Applying knowledge and understanding: Being able to identify what are the foods/nutrients/bioactive compounds that may influence the nutritional status as well as the health status of an individual. Being able to use EU regulations of nutritional interest for the development of novel and functional foods. Independent judgment: Being able to critically evaluate the quality of nutritional information on diets and foods with regard to their health effects, as disseminated by the press, the web and other information sources. Communication skills: Being able to present scientific studies to support or against the health effects of a food/nutrient/bioactive compound, as well as to present the adequacy of a novel food to the current legal framework. In addition, discussion with the lecturer will serve to boost the

	implementation of the knowledge and skills acquired. Learning skills: Improving or updating his/her own nutrition knowledge through the autonomous use of books, papers, and databases related to this discipline.
Specific Educational Objectives and Learning Outcomes (additional info.)	
Assessment	Final examination will be carried out through an oral interview with 4 questions. Maximum question mark for these questions is 7.5 points. The ability to synthesize and link the topics will be particularly rewarded. Maximum mark for the test is 30, while the minimum to pass the exam is 18 points. Oral exams will be conducted all along the academic year at the dates indicated through the Esse3 platform for official exams. Please note that the online registration for the exam is compulsory. The praise (lode, honors) are granted when reaching the maximum mark and demonstrating a deep knowledge of the disciplinary lexicon. As an alternative to the oral exam, the student may decide to prepare a presentation on a new food product, developed using a novel food and having functional properties, following the indications and timing provided by the professor during lessons. The presentation will be discussed with the professor. Maximum mark for the test is 32, while the minimum to pass the exam is 18 points.
Evaluation Criteria	
Required Readings	1. Regulation (EU) 2015/2283 of the European Parliament and of the Council of 25 November 2015 on novel foods, amending Regulation (EU) No 1169/2011 of the European Parliament and of the Council and repealing Regulation (EC) No 258/97 of the European Parliament and of the Council and Commission Regulation (EC) No 1852/2001 2. Rivellese, Annuzzi, Capaldo, Vaccaro, Riccardi: NUTRIZIONE UMANA -Idelson-Gnocchi (Napoli). 2017. 3. Lean, Combet: BARASI'S HUMAN NUTRITION: A HEALTH PERSPECTIVE, Third Edition - CRC Press - Taylor & Francis (Boca Raton, FL), 2017.

	4. Società Italiana di Nutrizione Umana (SINU): Livelli di Assunzione di Riferimento di Nutrienti ed Energia per la popolazione italiana (LARN), IV revisione. 2014. 5. Crea: Linee guida per una sana alimentazione. 2018. https://www.crea.gov.it/web/alimenti-e-nutrizione/-/linee-guida-per-una-sana-alimentazione-2018
Supplementary Readings	
Further Information	
Sustainable Development Goals (SDGs)	Zero hunger, Responsible consumption and production, Good health and well-being