COURSE OUTLINE

(1) GENERAL

<table>
<thead>
<tr>
<th>SCHOOL</th>
<th>ENVIROMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACADEMIC UNIT</td>
<td>FOOD SCIENCE AND NUTRITION</td>
</tr>
<tr>
<td>LEVEL OF STUDIES</td>
<td>UNDERGRADUATE</td>
</tr>
<tr>
<td>COURSE CODE</td>
<td>3900</td>
</tr>
<tr>
<td>SEMESTER</td>
<td>3</td>
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</tbody>
</table>

COURSE TITLE: FUNCTIONAL FOODS

INDEPENDENT TEACHING ACTIVITIES
if credits are awarded for separate components of the course, e.g. lectures, laboratory exercises, etc. If the credits are awarded for the whole of the course, give the weekly teaching hours and the total credits

<table>
<thead>
<tr>
<th>WEEKLY TEACHING HOURS</th>
<th>CREDITS</th>
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</thead>
<tbody>
<tr>
<td>Lectures</td>
<td>3</td>
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</tbody>
</table>

Add rows if necessary. The organisation of teaching and the teaching methods used are described in detail at (d).

COURSE TYPE
special background

PREREQUISITE COURSES: NO

LANGUAGE OF INSTRUCTION and EXAMINATIONS: GREEK

IS THE COURSE OFFERED TO ERASMUS STUDENTS: NO

COURSE WEBSITE (URL): https://eclass.aegean.gr/courses/FNS149/

(2) LEARNING OUTCOMES

Learning outcomes
The course learning outcomes, specific knowledge, skills and competences of an appropriate level, which the students will acquire with the successful completion of the course are described.

Consult Appendix A
- Description of the level of learning outcomes for each qualifications cycle, according to the Qualifications Framework of the European Higher Education Area
- Descriptors for Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning and Appendix B
- Guidelines for writing Learning Outcomes

Learning outcomes
At the end of the course the students can:
- Have proven knowledge and understanding of functional foods, backed up by advanced science textbooks, including views emerging from modern developments at the cutting edge of the cognitive field of nutrition.
- They are able to use the knowledge they have acquired in a way appropriate to practicing the profession of the Food and Nutrition Scientist and have the skills they typically demonstrate through problem solving and functional foods production.
- They are able to communicate information, ideas, problems and solutions to both qualified and non-specialized people about functional foods.

Knowledge and skills
At the end of the course the student may:
- Has advanced knowledge on functional foods, which implies a critical understanding of theories and principles.
- Has advanced skills and has the ability to demonstrate the innovation required to solve complex and unpredictable problems in the field of functional foods.
• Takes responsibility for professional of individuals and groups by providing nutrition advice, suggesting functional foods.

General Competences
Taking into consideration the general competences that the degree-holder must acquire (as these appear in the Diploma Supplement and appear below), at which of the following does the course aim?

Search for, analysis and synthesis of data and information, with the use of the necessary technology
Project planning and management
Adapting to new situations
Decision-making
Working independently
Team work
Working in an international environment
Working in an interdisciplinary environment
Production of new research ideas

The course aims at:
• Connecting ancient nutrition with food science
• Search for, analysis and synthesis of data and information about nutrition science and functional foods, with the use of the necessary technology
• Adapting to new situations about functional foods
• Decision-making relative to nutrition issues and functional foods
• Working independently
• Team work about functional foods
• Working in an international environment
• Production of new research ideas
• Project planning and management
• Respect for the natural environment
• Showing social, professional and ethical responsibility and sensitivity to gender issues
• Criticism and self-criticism
• Production of free, creative and inductive thinking

(3) SYLLABUS


(4) TEACHING and LEARNING METHODS - EVALUATION

<table>
<thead>
<tr>
<th>DELIVERY</th>
<th>FACE-TO-FACE, DISTANCE LEARNING, ETC.</th>
<th>Face to face</th>
</tr>
</thead>
<tbody>
<tr>
<td>USE OF INFORMATION AND COMMUNICATION TECHNOLOGY</td>
<td>USE OF ICT IN TEACHING, LABORATORY EDUCATION, COMMUNICATION WITH STUDENTS</td>
<td>Computer, mail, e-class platform</td>
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</tbody>
</table>
The manner and methods of teaching are described in detail. Lectures, seminars, laboratory practice, fieldwork, study and analysis of bibliography, tutorials, placements, clinical practice, art workshop, interactive teaching, educational visits, project, essay writing, artistic creativity, etc.

The student’s study hours for each learning activity are given as well as the hours of non-directed study according to the principles of the ECTS.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Semester workload</th>
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<tbody>
<tr>
<td>Lectures</td>
<td>13 lectures, 39 hours</td>
</tr>
<tr>
<td>Team work</td>
<td>30 hours</td>
</tr>
<tr>
<td>Course total</td>
<td>69 hours</td>
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</table>

Assessment of the course is done through a final examination and through a teamwork assessment. The aim of the work is the pilot production of an innovative functional food and its presentation in the course. The participation of the written examination in the final mark is 65% and the evaluation of the work 35%. Both grades (written examination and teamwork) should be greater than or equal to 5.0.

(5) ATTACHED BIBLIOGRAPHY

- Suggested bibliography:


- Related academic journals:

  Journal of Functional Foods
  Journal of Nutrition
  International Journal of Nutrition