

## Syllabus

### Course description

<b>Course title</b>	NOVEL AND FUNCTIONAL FOODS
<b>Course code</b>	44738
<b>Scientific sector</b>	MED/49
<b>Degree</b>	FOOD SCIENCES FOR INNOVATION AND AUTHENTICITY
<b>Semester</b>	1 <sup>st</sup>
<b>Year</b>	II
<b>Academic year</b>	2023/24
<b>Credits</b>	2
<b>Modular</b>	No

<b>Total lecturing hours</b>	20
<b>Total exercise hours</b>	0
<b>Attendance</b>	Strongly recommended
<b>Prerequisites</b>	Basic knowledge of human nutrition.
<b>Course page</b>	<a href="https://corsi.unipr.it/en/ugov/degreecourse/261921">https://corsi.unipr.it/en/ugov/degreecourse/261921</a>

<b>Specific educational objectives</b>	<p>This optional course is addressed to broaden the students' knowledge in the area of food science and applied nutrition. It is part of the "Nutrition Sciences" profile offered by the University of Parma.</p> <p>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.</p>
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<b>Lecturer</b>	Mena Parreño, Pedro
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<b>Learning outcomes</b>	<p><b>Knowledge and understanding skills:</b> 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.</p> <p><b>Knowledge and understanding skills:</b> 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.</p> <p><b>Applying knowledge and understanding:</b> 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.</p>
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	<p><b>Independent judgment:</b> 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.</p> <p><b>Communication skills:</b> 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.</p> <p><b>Learning skills:</b> Improving or updating his/her own nutrition knowledge through the autonomous use of books, papers, and databases related to this discipline.</p>
<b>Assessment</b>	Final examination will be carried out through an oral interview with 4 questions or through a presentation.
<b>Assessment language</b>	English
<b>Evaluation criteria and criteria for awarding marks</b>	<p>Final examination will be carried out through an oral interview with 4 questions. The oral exam will consist of 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.</p> <p>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.</p>
<b>Required readings</b>	N/A
<b>Supplementary readings</b>	<ol style="list-style-type: none"> <li>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</li> <li>2. Rivellesse, Annuzzi, Capaldo, Vaccaro, Riccardi: NUTRIZIONE UMANA - Idelson-Gnocchi (Napoli). 2017.</li> </ol>

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>