

# FUNCTIONAL FOODS

1	Course Title:	FUNCTIONAL FOODS
2	Course Code:	GIDS232
3	Type of Course:	Optional
4	Level of Course:	Short Cycle
5	Year of Study:	2
6	Semester:	4
7	ECTS Credits Allocated:	3.00
8	Theoretical (hour/week):	2.00
9	Practice (hour/week):	0.00
10	Laboratory (hour/week):	0
11	Prerequisites:	
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Öğr. Gör. Dr. Pınar AYDINOL SÖNMEZ
15	Course Lecturers:	
16	Contact information of the Course Coordinator:	paydinol@uludag.edu.tr Uludağ Üniversitesi Mustafa Kemal Paşa Meslek Yüksekokulu Mustafa Kemal Paşa/BURSA (224)613 3102/61511
17	Website:	
18	Objective of the Course:	
19	Contribution of the Course to Professional Development:	
20	Learning Outcomes:	
	1	To learn the definition of functional foods,
	2	To define functional nutritional components,
	3	To learn health effects of functional foods,
	4	To learn the bioavailability of functional foods,
	5	To learn probiotics and prebiotics,
	6	To have knowledge about functional vitamins and minerals,
	7	To recognize flavonoids and other secondary herbal substances,
	8	To have knowledge about plants with functional properties
	9	To learn functional dairy products,
	10	To have information about the legal regulations in our country and in the world related to functional foods,
21	Course Content:	
	<b>Course Content:</b>	
Week	Theoretical	Practice
1	Functional food definition	
2	Functional probiotic foods	
3	Functional prebiotic foods	
4	Phytosterols	
5	Carotenoids	

<b>6</b>	Flavonoids and secondary compounds	
<b>7</b>	Bioactive peptides	
<b>8</b>	Functional fruits and vegetables	
<b>9</b>	Functional bee products	
<b>10</b>	Functional dairy products	
<b>11</b>	Functional candies	
<b>12</b>	Plants with functional properties	
<b>13</b>	Functional grain products	
<b>14</b>	Legal regulations regarding functional foods	

22	Textbooks, References and/or Other Materials:	<p>Fonksiyonel Besinler</p> <p>Doç. Dr. Gökhan BAYSOY</p> <p>Fonksiyonel Beslenme</p> <p>Prof. Dr. Zeynep Banu GÜZEL SEYDİM</p>
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23	Assesment
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TERM LEARNING ACTIVITIES	NUMBER	WEIGHT		
Midterm Exam	1	30.00		
Quiz	0	0.00		
Home work-project Activities	1	10.00		
		Number	Duration (hour)	Total Work Load (hour)
Contribution of Term (Year) Learning Activities to Success Grade		40.00		
Theoretical		14	2.00	28.00
Practicals/Labs		0	0.00	0.00
Contribution of Final Exam to Success Grade		60.00		
Self study and preparation		0	0.00	0.00
Homeworks		6	10.00	60.00
Measurement and Evaluation Techniques Used in the Projects Course		0	0.00	0.00
Field Studies		0	0.00	0.00
<b>END OF WORK LOAD TABLE</b>				
Midterm exams		1	1.00	1.00
Others		0	0.00	0.00
Final Exams		1	1.00	1.00
Total Work Load				90.00
Total work load/ 30 hr				3.00
ECTS Credit of the Course				3.00

[illegible]

ÖK5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK7	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK9	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
LO: Learning Objectives    PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			