

COURSE DETAIL

FUNCTIONAL FOODS

Country

Hong Kong

Host Institution

University of Hong Kong

Program(s)

University of Hong Kong

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Health Sciences Biological Sciences

UCEAP Course Number

109

UCEAP Course Suffix**UCEAP Official Title**

FUNCTIONAL FOODS

UCEAP Transcript Title

FUNCTIONAL FOODS

UCEAP Quarter Units

5.00

UCEAP Semester Units

3.30

Course Description

This course examines the rapidly emerging functional food/nutraceutical industry with an emphasis on the history, regulation, chemical basis and quality control of healthy ingredients/products and their effects on human health. It covers concepts, history and global regulations of functional foods and nutraceuticals; classification of functional foods and nutraceuticals based on their chemical structures; unsaturated fatty acids, proteins, food pigments and dietary fibers as healthy food ingredients; health benefits of dietary phenolics, terpenes, phytosterols and sulphur-containing compounds; probiotics and prebiotics; small berries, spices, teas and herbs for health; and quality control and assurance of functional foods and nutraceuticals.

Language(s) of Instruction

English

Host Institution Course Number

BIOL4209

Host Institution Course Title

FUNCTIONAL FOODS

Host Institution Course Details

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Biological Sciences

Course Last Reviewed

2024-2025

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