

Module: WPE4 Functional Food		
Exam: WPE4 Functional Food	LV.-No.:	ECTS-Points: 5 CP
Recommended Semester: 4. Semester	Module: optional	Lehrveranstaltungssprache: Englisch
Responsible lecturer: Prof. Dr. Heike Englert	Cycle: Summer term	Registration information:
Lecturer in charge: Prof. Dr. Heike Englert, Dipl. oec. troph. Alwine Kraatz		
Learning outcomes	Students are able to: <ul style="list-style-type: none"> • define „functional foods “(FF) • critically discuss FF • explain the market of FF • recognise the area of conflicts of FF (e.g. industry vs health professionals) • estimate the influence of food-trends such as FFs on nutritional behavior • classify the validity of health claims • to term suitable supplements and their health effects • develop an own FF including a marketing strategy 	
Form of exam	presentation and term paper	
Form of teaching	<ul style="list-style-type: none"> • seminar • training 	
Course contents	<ul style="list-style-type: none"> • definition of FF • effects and health claims of FF • trends and marketing strategies of FF • areas of conflicts (e.g. industry vs health professionals) • health claims regulations • supplements of FF <ul style="list-style-type: none"> • fat and fatty acids • polysaccharides • vitamines • minerals • proteins • phytochemicals • probiotics and prebiotics • health aspects and FF • FF in special target groups 	
Workload	Presence (4 SWS): Preparation and Follow-Up: sum:	60h 90h 150h
Requirements	none	
Literature	literature will be hand out during the seminar	