Universitat de Lleida

DEGREE CURRICULUM

FOOD AND HEALTH

Coordination: OMS OLIU, GEMMA

Academic year 2022-23

FOOD AND HEALTH 2022-23

Subject's general information

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<tr><td>Subject name</td><td>FOOD AND HEALTH</td></tr>
<tr><td>Code</td><td>13125</td></tr>
<tr><td>Semester</td><td>1st Q(SEMESTER) CONTINUED EVALUATION</td></tr>
<tr><td>Typology</td><td>
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<tr><th>Degree</th><th>Course</th><th>Character</th><th>Modality</th></tr>
<tr><td>Master's Degree in Management and Innovation in the Food Industry</td><td>1</td><td>COMPULSORY</td><td>Attendance-based</td></tr>
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<tr><td>Course number of credits (ECTS)</td><td>3</td></tr>
<tr><td>Type of activity, credits, and groups</td><td>
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<tr><th>Activity type</th><th>PRAULA</th><th>TEORIA</th></tr>
<tr><td>Number of credits</td><td>1</td><td>2</td></tr>
<tr><td>Number of groups</td><td>1</td><td>1</td></tr>
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<tr><td>Coordination</td><td>OMS OLIU, GEMMA</td></tr>
<tr><td>Department</td><td>FOOD TECHNOLOGY, ENGINEERING AND SCIENCE</td></tr>
<tr><td>Important information on data processing</td><td>Consult this link for more information.</td></tr>
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FOOD AND HEALTH 2022-23

Teaching staff	E-mail addresses	Credits taught by teacher	Office and hour of attention
ODRIOZOLA SERRANO, ISABEL ANDREA	isabel.odriozola@udl.cat	,8	
OMS OLIU, GEMMA	gemma.oms@udl.cat	1,4	
PIQUE FERRE, M. TERESA	mariateresa.pique@udl.cat	,8	

Learning objectives

- Know the components and ingredients of food that produce a beneficial effect on the health of consumers and know their conditions of use in food

- Knowing how to properly select the ingredients to develop products for special nutrition, adapting to the nutritional needs of the consumer.

- Learn about new trends in food to create opportunities in food development.

- Recognize the implication of gender in those aspects of the discipline that affect men and women differently, both in biological, social and cultural aspects.

Competences

Basic

CB6 Possess and understand knowledge that provides a basis or opportunity to be original in the development and/or application of ideas, often in a research context

CB7 That students know how to apply the knowledge acquired and their ability to solve problems in new or little-known environments within broader (or multidisciplinary) contexts related to their area of study

General

CG1 Capacity for organization and planning.

CG2 Information management capacity.

CG3 Capacity for analysis and synthesis.

CG4 Critical and self-critical capacity.

CG5 Ability to work in a team and to relate to other people from the same or different professional field.

CG6 Problem solving and decision making.

CG7 Ability to work autonomously.

CG8 Ability to communicate their conclusions -and the knowledge and ultimate reasons that support them- to

specialized and non-specialized audiences in a clear and unambiguous way

Transverse

CT2 Efficiently use digital technologies in the professional field.

CT3 Propose innovative, creative and entrepreneurial solutions in situations typical of the professional field.

CT5 Apply the gender perspective to the tasks of the professional field

Specific

CE1 Analyze and interpret legislative updates on food.

CE4 Identify trends and market opportunities to develop innovative foods

CE6 Assess the selection of ingredients and the formulation to be able to develop new food products in accordance with current regulations.

Subject contents

Bioactive compounds and functional foods:

Bioactive compounds in food. Methodologies to increase its quantity and/or bioavailability in food. Functional Foods. Legislation on nutritional declarations and healthy properties.

Special feeding:

Definition. Characteristic. Legal framework. Food intended for special population groups and intended for a special diet.

Food trends:

Ecological and sustainable food. Vegetarian diet and other alternative forms of food. Attention to labeling. Nutrigenomics and personalized nutrition.

Methodology

Master classes

These will be done with all students. Their purpose is to give an overview of the educational content related to the specific knowledge of the subject, highlighting those aspects that are related to the acquisition of skills.

Seminars

The seminars will consist of group activities, complementing the contents developed in the master classes. In-person seminars will encourage student participation and discussion.

On-line activities

These will consist of solving practical cases, searching for information, analyzing and discussing various topics. Activities that will be proposed in the virtual campus with the corresponding instructions and that will require of an autonomous work by part of the student.

Autonomous work

The different activities proposed in the subject will require an autonomous work by the student.

Evaluation

The evaluation will consist of the weighted average of 4 grades, obtained from the following elements:

Master classes (60%): There will be 1 test of the theoretical part, with test-type questions and short answers.

If the test is not passed with a 5, the failed exam (<5) must be retaken in the second call. On the other hand, the approved students will have the option to improve their mark in the second call.

This type of assessment will represent 60% of the final grade and must be passed to average the rest of the activities, case studies and written work.

Seminars (25%):

Group activities and resolution of practical cases. The grade will be calculated from the arithmetic mean obtained from the grades obtained by the student in the different activities proposed.

The face-to-face hours at the seminars are compulsory.

Individual written work (15%):

There will be an individual directed work. The guidelines and the topic will be provided by the teacher during the development of the course.

The student who wishes will have the right to the unique evaluation by means of an examination where the different face-to-face activities will be evaluated (theoretical classes and seminars) but it must be said at the beginning of the subject.