

Liverpool John Moores University

Title: Functional Foods and Innovation
Status: Definitive
Code: **6103SSLN** (123113)
Version Start Date: 01-08-2016

Owning School/Faculty: Sports Studies, Leisure and Nutrition
Teaching School/Faculty: Sports Studies, Leisure and Nutrition

Team	Leader
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Academic Level: FHEQ6 **Credit Value:** 20 **Total Delivered Hours:** 42
Total Learning Hours: 200 **Private Study:** 158

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	20
Seminar	5
Workshop	15

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	AS1	Report (2,500 words)	50	
Exam	AS2	Exam	50	2

Aims

This module looks at how functional food ingredients and products, as well as other innovations in the food sector, can add value to food businesses and also have potential health and other benefits for consumers. Students will be introduced to the concepts of bioactive food components and how nutrition and health claims

associated with functional foods can be substantiated and regulated.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically evaluate the meaning of 'innovation' in the context of food products, and how this can have benefits for food businesses and consumers
- 2 Critically discuss the potential for plants and animals to be used as sources of novel and functional ingredients
- 3 Critically evaluate the scientific evidence used to support a health claim for a food product

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Report	1	2	3
Exam	1	2	3

Outline Syllabus

What is innovation, and how does this add value for businesses and consumers?; Secondary metabolites as sources of functional food ingredients; Challenges of developing functional food products; Effects of processing on bioaccessibility and bioavailability of bioactive components; Substantiation and regulation of health claims for functional food products; Observational studies, lab-based mechanisms of action, clinical trials; National, regional and international regulatory frameworks for nutrient function and health claims.

Learning Activities

This module consists of lectures, workshops and seminars. The workshops and seminars are designed to help students to think more critically and evaluate the information introduced in the lecture sessions

Notes

This module also considers various global dimensions and international perspectives to how scientific evidence (to support health claims) is evaluated and regulated; as well as how strategies to promote innovation in the food chain might be perceived and supported in different parts of the world.