

## Liverpool John Moores University

Title: Functional Food  
Status: Definitive  
Code: **6503YAUNUT** (127935)  
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences  
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
Elizabeth Mahon	Y

**Academic Level:** FHEQ6      **Credit Value:** 20      **Total Delivered Hours:** 34  
**Total Learning Hours:** 200      **Private Study:** 166

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	24
Practical	8

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	Exam	Final module exam	70	2
Practice	Practice	Practice - activities and practical conduct in laboratory	30	

### Aims

*The aim of this module is to prepare students for future scientific research and practice in the field of food science. Functional food is an important course for food science majors. This module covers the main functional properties of food and food components and discusses current functional foods. It also introduces students to available research methods and applications of functional foods.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Critically discuss the concepts, developmental overview and future development trends of functional foods.
- 2 Explain the properties and functions of functional carbohydrates, proteins and lipids in food and evaluate the main functional foods on the market at present.
- 3 Develop practical skills in functional food science

## Learning Outcomes of Assessments

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

Exam	1	2
Practical skills	3	

## Outline Syllabus

*This module covers the following topics:*

*The concepts of functional food, development survey and future development trends.*

*The functional active ingredients in foods.*

*The main functional foods on the market at present.*

## Learning Activities

The module content will be delivered through lectures and practical activities. Theoretical lectures will provide appropriate subject knowledge to support practical application.

## Notes

This module is for individuals to develop an understanding of the functional food developments, principles and application in food science. Individuals will also develop practical skills in functional food science.