

**KING SAUD UNIVERSITY
COLLEGE OF APPLIED MEDICAL SCIENCES
COMMUNITY HEALTH SCIENCES DEPARTMENT**

COURSE SYLLABUS CHS 457 FUNCTIONAL FOOD

Second Semester 2012 nutrition

Dates: January 29, 2012

Credit Hours: (2+1) 3 credit hours

Instructor: NOUF A.ALJAWINI

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Office hours:

Saturday -Sunday 10-12 PM

Grading Policy:

Assessment	Assessment task (eg. essay, test, group project, examination etc.)	Proportion Final Assessment
1	Midterm I	15%
2	Midterm II	15%
3	Practical	10%
5	Assignment	10%
6	Presentation	10%
7	End semester exam	40%

List of Topics	
1	Introduction to functional foods and nutraceuticals
2	Garlic
3	Garlic
4	Lycopene
5	Tea polyphenols
6	Tea polyphenols
7	Isoflavones
8	First term exam
9	Probiotics and prebiotics
10	Event day
12	Olive oil
13	Second term exam
14	Coffee
15	Fibre

16	Revision

Electronic Materials, Web Sites etc

http://www.agr.gc.ca/index_e.php

http://www.elsevier.com/wps/find/journaldescription.cws_home/717426/description#description

Essential References

Required Text book:

- ildman, Robert. (2007) Nutraceuticals and Functional Foods, second edition. Taylor and Francis Group.