

Planning and Quality Assurance Affairs

Form (A)

Course Specifications

General Information

| | |
|----------------------------|------------------|
| Course name | Food Supplements |
| Course number | PHCG5210 |
| Faculty | |
| Department | |
| Course type | Major Needs |
| Course level | 5 |
| Credit hours (theoretical) | 2 |
| Credit hours (practical) | 0 |
| Course Prerequisites | |

Course Objectives

| |
|---|
| 1 - introduction for food supplements and functional foods |
| 2 - the individual vitamins and minerals |
| 3 - food radicals and antioxidants |
| 4 - natural fats and oils |
| 5 - non -essential nutrients that are used as dietary supplements |
| 6 - natural products and extracts |
| 7 - functional foods |

Course Contents

| |
|---|
| 1 - introduction for food supplements and functional foods |
| 2 - introduction of vitamins and minerals |
| 3 - freeradicals and antioxidants |
| 4 - natural fats and oils |
| 5 - natural fats and oils |
| 6 - non -essential nutrients that are used as dietary supplements |
| 7 - natural products and extracts |
| 8 - natural products and extracts |
| 9 - functional foods |

Teaching and Learning Methods

| |
|---------------|
| 1 - lecturers |
|---------------|

Students Assessment

| Assessment Method | TIME | MARKS |
|-------------------|------|-------|
| mid term | | 50 |
| final exam | | 50 |

Books and References

| | |
|-------------|--|
| Course note | diatary supplement and functional foods geoffarey p webb |
|-------------|--|