



## Course catalogue

### TTF-NUT211 Spices and Medicinal Plants

|                    |  |
|--------------------|--|
| Programme          | Nutrition  |
| Level              | Bachelor's programme   |
| Academic year      | II year  |
| Semester           | Spring Semester  |
| ECTS credits       | 5 credits  |
| Lecturers          | Ass. Prof. Viktorija Stamatovska, PhD<br>Ass. Prof. Vezirka Jankuloska, PhD  |
| Language           | Macedonian   |
| Objective          | Introducing students to basic biological, chemical, technological and other characteristics of medicinal and spice plant-based raw materials. Acquiring knowledge about methods of quality control techniques, preparation, preservation and storage conditions of spice and medicinal plant materials. Familiarizing with their health benefits; their application in the food industry and everyday diet.  |
| Content            | The teaching strategies will include lectures, videos, projects and class discussion. The students will be encouraged to undertake market research by visiting supermarkets, restaurant, herbs and spices stores, web sites and the library. Topics: The definition, classification and sources of medicinal and spice herbs; The principles of growing, harvesting, drying (processing), packaging and storage; Important spices and medicinal plants (culinary herbs and spices) added in food and food products; Medicinal plant raw materials for the production of teas and aromatic bioproducts; Medicinal values; Latest trends related to spices and medicinal plants. |
| Learning materials | Reading from the primary literature are referenced in class and posted to the course website.  |