



Course catalogue

NUT_II_IZ 06 Functional food

Programme	Nutrition
Level	Master's programme
Academic year	1 year
Semester	Spring Semester
ECTS credits	6 credits
Lecturers	Ass. Prof. Dr. Tatjana Kalevska Ass. Prof. Dr. Daniela Nikolovska Nedelkoska Ass. Prof. Dr. Viktorija Stamatovska Ass. Prof. Dr. Vezirka Jankulovska
Language	Macedonian
Objective	Gaining advanced knowledge of functional food, as a modern concept in nutrition. Deepening knowledge about the health aspects of functional foods in order to produce food with expected functional characteristics.
Content	Concept of functional food. Bioavailability and bioavailability of food nutrients. Bio-functional ingredients and health promotion. Functional food in modern nutrition and impact on human health. Procedures for the development of marketable functional food. Legislative framework of functional food.
Learning materials	Reading from the primary literature are referenced in class and posted to the course website.