

Southwest University

Graduate Course Syllabus

Course Unit: School of Food Science

Course No.	1108320062		Course Name	Functional Food							
Course category (√)	Compulsory courses () Elective courses (√)	Credit hour	2	Total class hour	30	Lectures hours	25	Discussion hours	5	Experiment hours	
Lecturer	Xiaowen Ding	Job title degree	Professor Doctor degree		Specialties			Food safety and healthy food			
Range of application by majors: food science, agricultural products processing and storage engineering											
Prerequisite courses: food chemistry, food processing technology, food toxicology											
Teaching objectives and requirements:											
Objectives: Through the study of this course, the students can master some common human disease pathogenesis and possible control means, familiar with the common functional components and functional food management measures.											
Requirements:											
① familiar with the basis of immunology, hyperlipidemia, causes of diabetes, free radical theory, the cause of obesity;											
② grasping the function or abnormal adjustment of the functional components of the mechanism and evaluation methods;											
③ understanding the causes of hypertension, fatigue and so on;											
④ familiar with China's functional food management laws and regulations and understand the development of functional food in China.											

Teaching and testing methods (it's need to be conducive to cultivating the innovative thinking and ability of graduate students)

1. Lecture: immunological basis and enhance the function of the immune food; hyperlipidemia and auxiliary hypolipidemic functional food; diabetes and auxiliary hypoglycemic functional food; free radical theory and antioxidant functional food; obesity and weight loss functional food etc.

2. Discussion: China's functional food development trends and research progress.

3. Testing Methods: writing papers.

Course contents and course hours allocation

1. Introduction (3)
2. Function food for immunological basis and enhance immunity (3)
3. Function food for hyperlipidemia and hypolipidemic (3)
4. Functional food diabetic and hypoglycemic (3)
5. Functional food for free radicals and antioxidant (3)
6. Functional food for obesity and weight loss (3)
7. Function of high blood pressure and auxiliary blood pressure (3)
8. Insomnia and improve sleep food increase (2)
9. Functional food for fatigue and ease of physical fatigue (1)
10. Functional food for bone mineral density (1)
11. Other functional foods (2)
12. Discussion (3)

(Please add more pages if this page is insufficient)

The Catalog for main reference book (periodicals):

S.N.	Author	Books and Periodicals' name	Press
1.	Jianxian Xu	Functional Food (1, 2, 3 rolls)	China Light Industry Press
2	Zonglian Jin	Principle and Application of Health Food Design	China Light Industry Press
3	Guangya Wang	Method of Detecting the Efficacy of Healthy Food	China Light Industry Press
4	[美]GlennR. Gibson, ChrisM. Will	Functional Food	China Light Industry Press

Review Comments of School (Institute, Center):

Signature

(Date)

Review Comments of Student Committee:

Signature

(Date)

Review Comments of Graduate School

Signature

(Date)