



Functional Foods: Concept, Technology and Health Benefits

Due to increased cost of health-care and lifestyle related diseases, the consumers are shifting towards the functional foods for health promotion and disease prevention. Functional foods are prepared to promote health by targeting a physiological process that may help in disease prevention. With the expansion of food industry, the use of functional foods in healthcare is increasing day by day and consumers are now health-conscious & preferring functional foods as a first line of defense against diseases rather than the pharmaceuticals. The close relationship between knowledge about nutrition and the release of promised benefits in food products offers unparalleled opportunities for functional food development that form the backbone for good health and well being. World is targeting India as a big market for functional foods and probiotic foods. According to Tech Science Research survey, India's probiotic market will register revenue growth of 19.80% every year to 2019. This course will enhance the career opportunities with latest knowledge in functional foods. Students will learn the role of functional compounds in optimal health, well being and disease prevention.

COURSE NAME	Functional Foods: Concept, Technology and Health Benefits
START DATE	October 08, 2018
DURATION	4 Weeks
PREREQUISITES	None
REGISTRATION	Open and free of charge

Who should attend this course

- Students enrolled in UG and PG in Food Science/Food Science and Nutrition Food Technology/Food Engineering, Biotechnology, Clinical Nutrition and Dietetics, Applied Nutrition, Post Harvest Technology, Biochemical Engineering, Livestock Products Technology and Life Sciences
- Faculty of SAUs
- Food Scientists
- Nutritionist and Entrepreneurs
- Agricultural Marketing and Cooperation Professionals
- Health Professionals
- Consumers/General Public

Course content

Basic Concepts of Functional Foods and Nutraceuticals	Functional Foods: Categorization and Sources
Probiotics: As Functional Foods	Role of Functional Foods in Health and Disease

At the end of the course, a participant should know about

- Regulatory Systems for Functional Foods
- Functional Food Market in India & Global Market
- Prebiotics, Synbiotics, Types of Prebiotics and Their Mechanism of Action
- Role of Functional Foods in Management of Diabetes, Parkinson Disease (PD), Cancer & CVDs

Certificates

Qualifying students will be given certificates based on their involvement and performance. Participation certificate and Competency certificate will be issued by the Centre for Development of Technical Education (CDTE), IIT Kanpur, India and Commonwealth of Learning (COL), Canada.

Instructor

Dr. Amrita Poonia
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Operations

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