

課程名稱 (course name)	機能性食品與健康 Functional Foods and Wellbeing				
開課系所班級 (dept. & year)	通識教育中心	學分 (credits)	2	規劃教師 (teacher)	通識中心 古山吉 Kumar
課程類別 (course type)	必修	授課語言 (language)	中文或英文	開課學期 (semester)	上或下
課程簡述 (course description)	<p>本課程將介紹藥食同源的概念，學生能了解食物的哪些成分可以改善健康，分辨哪類食物對健康有益，以及食物在預防醫學及健康管理上所扮演的重要角色。</p> <p>This course introduces the concept of food as medicine. The students will explore how food can be important in both disease prevention and wellbeing, in the past and the future. The students will also learn about what's in food that gives it the potential to improve our health and how to recognize which types of foods are essential for health and wellbeing, and how food can play an important role in treating/preventing disease.</p> <p>This course will enable the students/young scholars to work on the interface between a specialized research environment and practical problem solving area of agriculture and food industry.</p>				
先修課程 (prerequisites)	無				
課程目標與核心能力關聯配比(%) (relevance of course objectives and core learning outcomes)					
課程目標	course objectives			核心能力 core learning outcomes	配比 合計 100%
1. 了解食物與飲食在日常健康生活的重要性	1. Understanding the importance of food and diet in healthy day-to-day life.			人文素養	0%
2. 了解食物與人體的相互作用	2. Understanding the interaction between food and the human body.			科學素養	30%
3. 獲得機能性食品的製備知識	3. Gaining practical knowledge on preparation and utilization of functional foods for preventing and treating human illness.			溝通能力	15%
				創新能力	30%
				國際視野	25%
				社會關懷	0%
課程目標之教學方法與評量方法 (teaching and assessment methods for course objectives)					

教學方法 (teaching methods)	學習評量方式 (evaluation)																																						
講授 lecture 討論 discussion 專題探討與製作 group project (food for weight loss and cognitive function)	出席狀況 attendance/ participation 15% 作業 homework 30% 口頭報告 oral presentation 20% 書面報告 reports 35%																																						
授課內容 (單元名稱與內容、習作 / 考試進度、備註) (course content and homework / tests schedule)																																							
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教科書與參考書目 (書名、作者、書局、代理商、說明) (textbook & other references)																																							
<ol style="list-style-type: none"> William WL (2019) Eat to beat disease: The new science of how your body can heal itself. Grand central publishing, New York, USA. Dale P (2011) Healing foods: Prevent and treat common illness with fruits, vegetables, herbs and more. Skyhorse publishing. Ney York, USA. Dale P (2021) The medicinal chef: The nutrition bible: A A-Z of ailments and medicinal foods. Quardrille Publishing, London, UK. 																																							

課程教材（教師個人網址請列在本校內之網址）
(teaching aids & teacher's website)

另行公告 To Be Announced

課程輔導時間
(office hours)

另行公告 To Be Announced