

Food and nutrition 3.0: beyond functional food

Description

This course will address the role that functional food can play in the defense of human health, conceived as prophylaxis, not a therapy. Plant breeding issues that are meant to increase the concentration of nutraceutical molecules will be discussed in detail, as well the use of prebiotic, probiotic and food processing techniques (chemical, physical and biological ones) to produce functional foods.

Program of the lessons

- **Monday:** Plant genetic improvement to increase the concentration of bio-active molecules
How to use niche foods and functional foods, including those coming from developing countries (e.g. teff or enkir)
- **Tuesday:** How to use prebiotics and probiotics to promote human health
Some examples of food molecules having extra-nourishing properties
- **Wednesday:** Visit to EXPO Milano 2015
- **Thursday:** European legislation on functional foods
EFSA approach to functional foods
- **Friday:** Processing technologies to produce functional foods

Lecturers and Guest speakers

Filippo Rossi – Università Cattolica del Sacro Cuore

Arrigo Cicero – Università degli Studi di Bologna

Francesca Finocchiaro – CRA, Centro di ricerca per la genomica e la postgenomica animale e vegetale, Fiorenzuola d'Arda (Pc)

Gianluca Giuberti – Università Cattolica del Sacro Cuore

Luca Leone – Università Cattolica del Sacro Cuore

A member of **EFSA Panel “Dietetic products, nutrition and allergies”**

Field trips

- Pharmextracta Srl
- Lameri Spa
- CRA, Centro di ricerca per la genomica e la postgenomica animale e vegetale, Fiorenzuola d'Arda (Pc)

Participants' profile

- Agri-food firms
- Public officials in charge of regulating the functional food sector
- Others with a specific interest in the topics

Period

Jun. 29th – Jul. 3rd, 2015

Location

Palazzo Trecchi
Via Trecchi 20
26100 Cremona – ITALY

Language

The course will be delivered in English. Upon request, this course can be repeated in another language.

Scientific advisor

Filippo Rossi - Università Cattolica del Sacro Cuore

Participation fee

The participation fee is € 1,600.00. For applications made before March 31st, 2015 a 20% discount will be applied (participation fee = € 1,280.00). If two or more members of an organization apply for the same course the first participant will pay the full fee, but additional members will have a reduced participation fee of € 1,200.00.

The application deadline for the course SAF17 is May 15th, 2015.

The participation fee includes:

- Tuition costs, including all training materials and use of the location's training facilities and related services
- Participant costs, including the course field trips, transfer to and from EXPO Milano 2015 + entrance ticket, the lunches of Monday, Tuesday, Thursday and Friday, a gala dinner and special evening event, and a final dinner.