

Food Technology and Catering

South Ural State University

Degree or qualification is awarded: **Bachelor's degree programme**

Language of study: **English**

Mode of study: **full-time, distance learning**

Duration: **4 years**

Availability of free education: **no**

Price: **146 400 rubles**

Programme webpage at the university website:

<https://www.susu.ru/ru/190304-food-technology-and-catering-functional-foods-and-nutrition>

Programme curator: **El-Sohaimy Sobhy Ahmed**

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This program will describe functional foods and nutrition, including their health benefits, development, and regulation. Functional foods provide health benefits beyond our basic nutrient requirements. These benefits improve the quality of life by promoting optimal health and reducing the risk of chronic diseases. This program will explore the components of functional foods and highlight key mechanisms that may counteract current health issues and diseases. Engaging on the major challenge nowadays for identifying how functional foods and food ingredients might help prevent chronic disease or optimize health, reducing healthcare costs and improving the quality of life for many consumers. An emerging discipline that will have a profound effect on future functional foods research and development efforts is nutrigenomics, which investigates the interaction between diet and development of diseases based on an individual's genetic profile.

Specializations within this programme

Food Technology and Catering. Functional Foods and Nutrition

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