

100-1 Preliminary Syllabus, Da-Yeh Univ

Information			
Title	保健食品設計及其原理	Serial No. / ID	2987 / PBN6208
Dept.	生物科技碩士在職學位學程	School System / Class	碩士在職專班1年1班
Lecturer	楊博文	Full or Part-time	專任
Required / Credit	Optinal / 3	Graduate Class	No
Time / Place	(四)ABC / H544	Language	Chinese

Introduction
<p>The term health food is generally used to describe foods that are considered to be beneficial to health, beyond a normal healthy diet required for human nutrition. Health food is sometimes used as an umbrella term encompassing natural foods, organic foods, whole foods, and sometimes nutritional supplements.</p> <p>Such products are sold in health food stores or in the health/organic sections of supermarkets.</p> <p>Health food may also refer to functional food: foods for which a specific claim of health benefits is made, such as that consumption of the food may prevent disease. Additionally, health food is sometimes used in contrast with junk food, which may be high in calories but has little other nutritional value.</p>

Outline
Chap1 Introduction. Chap2 Anti-aging. Chap3 Blood triglyceride. Chap4 Fitness-enhancing. Chap5 Control blood sugar-diabetes. Chap6 Immune-Boosting. Chap7 lowing blood pressure Chap8 Anti-cancer Chap9 Healing

Prerequisite
General Chemistry