



**South Ural  
State University**

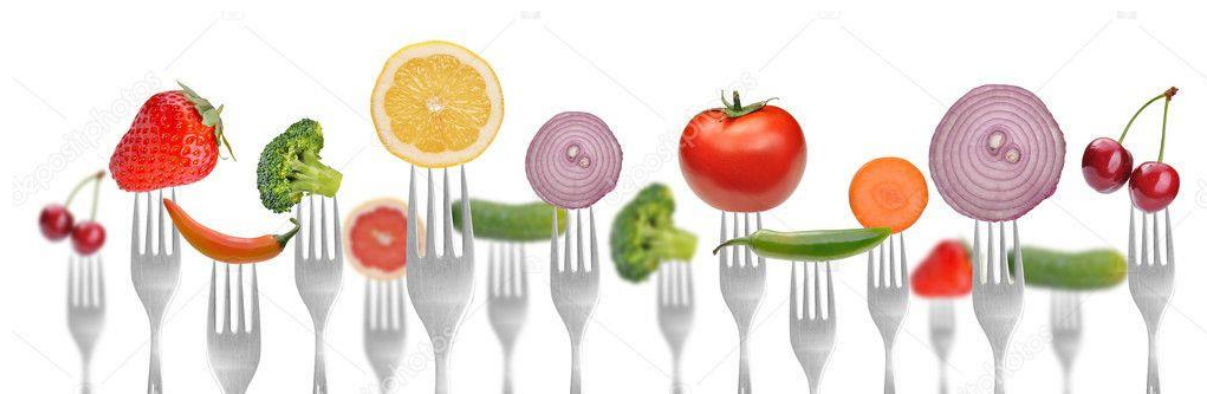
**National Research  
University**

Institute of Sport, Tourism and Service

Department of Food Technology and Organization  
of Public Catering

**Major: Functional Foods  
and Nutrition**

**Level: Bachelor (BSc.)**





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**Level: Bachelor (BSc.)**

**Duration: 4 years (8 semesters)**

**Degree certificate: Diploma**

**Mode of study: full-time**

**Language of study: English**

**Tuition fee for year 2021-2022:**

205000 rubles (~2800 \$)

**Programme manager:**

Prof. El-Sohaimy Sobhy

## Programme manager: El-Sohaimy Sobhy Ahmed:

FUNCTIONAL NUTRITION IS ONE OF THE MOST PROMISING FIELD OF SCIENCE IN THE WORLD AT THE PRESENT TIME

Professor of Nutritional Biochemistry at Russia's South Ural University and City of Scientific Research and Technological Applications, Egypt.

Business contacts with various scientific institutions around the world: New Zealand (Lincoln University, Italy (University of Sassari and the International Center for Genetic Engineering and Biotechnology - ICGEB), America (Virginia Technology University, Institute of Life Sciences, University of Minnesota), Sweden (Uppsala University), Austria, United Arab Emirates, Saudi Arabia, Morocco, Greece, South Africa and many more.





## Program description:

*“Let food be the medicine and medicine be the food”*

This program will describe functional foods and nutraceuticals, 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 academic programme will explore the components of functional foods and highlight key mechanisms that may counteract current health issues and diseases. The programme provides a detailed insight into understanding the composition, molecular interaction and bio-mechanisms of the food metabolites.

It has a multidisciplinary emphasis providing a broad base of knowledge and understanding of the wide role of nutrition in sustaining health and preventing diseases. It introduces students to most advanced aspects of food and nutrition to serve public nutrition, sports nutrition, understand genetically modified food, functional foods etc.

## Important academic disciplines:

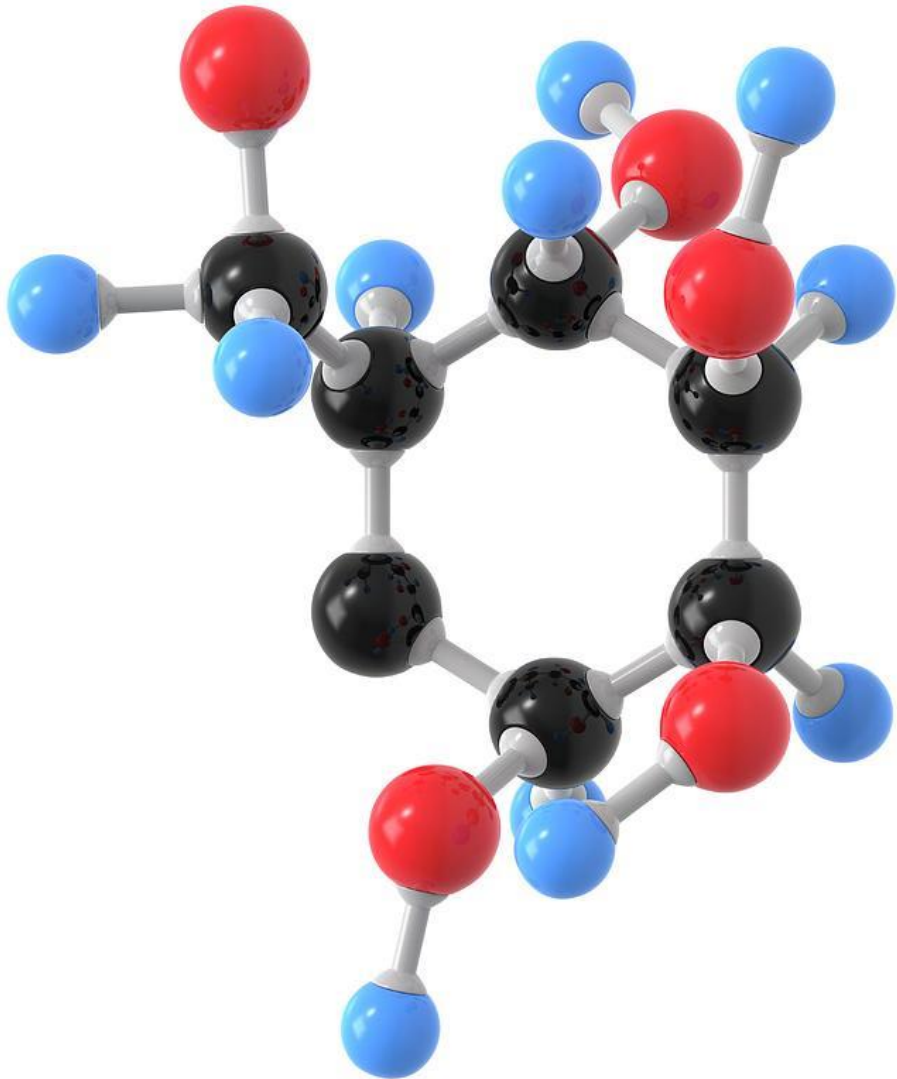
- Intro to Human Nutrition
- History of functional foods and the potential for the future
- Advanced Human Nutrition
- Advanced Biochemistry
- Protein and peptide chemistry
- Nutrition in the Life Cycle
- Principles of Food Science
- Applied Nutrition
- Phenolic compounds and flavonoids
- Antioxidants and human health
- Food service systems
- Food safety and quality control
- Functional food marketing
- Consumers behavior
- Diet, Microbiome, and Health
- Food supply and sustainability
- Child and teenage nutrition
- Advanced concepts in sports nutrition
- Nutraceutical Chemistry
- Nutrition and Behavior
- Clinical Nutrition
- Physical Activity and Health



## Important academic disciplines:

- Lipid metabolism
- Carbohydrate metabolism
- Sport Nutrition
- Natural Bioactive compounds and human health
- Intro to Food Service Management
- Risk Management in Food production
- Food Production technologies advanced
- Nutrition Education
- Identification and functions of bioactive components in food
- Analysis of Nutrition Data
- Introduction to Bioinformatics
- Biochemistry of Macromolecules
- Fundamental Molecular Biology of the gene

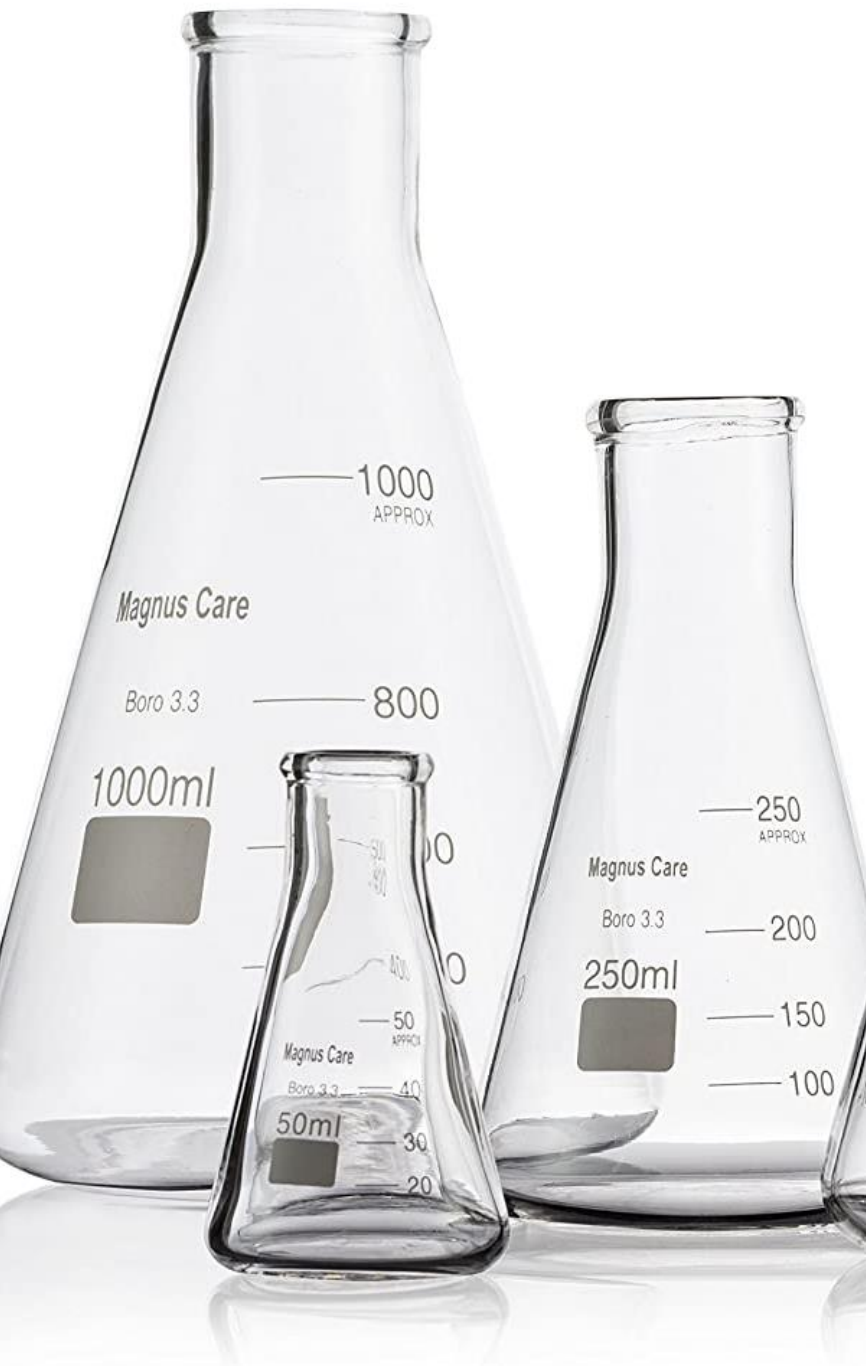




## Learning outcomes:

**Upon completion of this academic programme, students will be able to:**

- ✓ Describe the molecular pathways involved in the development of chronic diseases
- ✓ Evaluate the health implications of current functional foods
- ✓ Develop the concept for a functional food product
- ✓ Define functional foods and Nutrition
- ✓ Learn how novel treatment of important diseases may be addressed through improved nutrition or the development of targeted health promoting foods and beverages
- ✓ Describe the education and research on the health benefits of functional foods and nutraceuticals, identifying strengths, limitations, and future directions
- ✓ Describe the international regulations with respect to functional foods and nutraceuticals



## Learning outcomes:

**Upon completion of this academic programme, students will be able to:**

- ✓ Develop skills in teaching and oral communication by giving an intensive education, research and presentation on the topic of functional foods and nutrition
- ✓ They are able to use the knowledge they have acquired in a way appropriate to practicing the profession of the Food and Nutrition Scientist and have the skills they typically demonstrate through problem solving and functional foods production. They are able to communicate information, ideas, problems and solutions to both qualified and non-specialized people about functional foods and nutrition
- ✓ Takes responsibility for professional of individuals and groups by providing nutrition advice, suggesting functional foods





## Professional career

This program will prepare high qualified specialists in functional foods and nutrition, which will give them a high potential to compete in a job market not only in Russia but also all over the world.

Graduates of this program may choose from a variety of places to work including major medical centers, hospitals, public health settings, community agencies, private consulting firms, higher education, or business and industry, pharmaceutical companies, and restaurants.

***HEALTH, MEANS- FOOD PRODUCTS THAT PROTECT THE BODY FROM DISEASES - CONTINUING HEALTHY LIFE IS THE MAIN PRIORITIES OF HUMANITY. SO, THIS PROGRAM PREPARES SPECIALISTS TO DEAL WITH THESE ISSUES.***

# Questions?



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**www.susu.ru**

<https://www.susu.ru/en/webform/apply-now>



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