

Curricula Good Herbs

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I	BOTANICAL ASPECTS OF AROMATIC AND MEDICINAL PLANTS
1.1	Botany of medicinal and aromatic plants
1.2	Plant morphology and anatomy
1.2.1	Plant organs utilized for obtaining culinary herbs
1.3	Plant systematics
1.3.1	Biological diversity of medicinal and aromatic plants
1.4	Plant physiology
1.5	Taxonomy and plant classification
1.6	Genetics (Heredity and Variability)
1.7	Variability of active principle accumulation
1.7.1	Ecological variability
1.7.2	Life cycle related variability
1.7.3	Diurnal variations
	Annex: Organic Production of Herbs
II	CHARACTERIZATION OF THE SPICES & CULINARY HERBS PROPERTIES: METHODS AND TECHNIQUES
2.1	Extraction and characterization of nutritional and functional ingredients
2.1.1	Effect of harvest, processing and storage
2.1.2	Biological activity and toxicology
2.2	Extraction and characterization of essential oils
2.2.1	Validation of biological activity and toxicology
2.2.2	Encapsulation to assure controlled release and protection
2.3	Sensory and aromatic and functional properties according to: harvest season and technology, processing and storage

III	SPICES & CULINARY HERBS APPLICATIONS
3.1	Condiments
3.2	Infusions
IV	FOOD SAFETY SINCE SPICES & CULINARY HERBS PRODUCTION UNTIL THEIR CONSUMPTION
4.1	Biological contaminants
4.2	Chemical contaminants
4.3	Food safety and quality management systems
V	SPICES & CULINARY HERBS FOR A BETTER HEALTH
5.1	Nutritional profile
5.2	Spices & culinary herbs as salt alternatives
VI	ENTREPRENEURSHIP: from Business Ideas to Business Models
6.1	Introduction to business models
6.2	Introduction to business models generation
6.3	Assignment: Practice on business models generation
VII	MEDICINAL PLANTS
7.1	Medicinal plants and their bioactive compounds
7.1.1.	Historical aspects
7.1.2.	Botanical aspects
7.1.3.	Ecologic aspects
7.2	Traditional use of medicinal plants
7.2.1.	Traditional botanical preparation
7.3.	Sustainable use of natural resources
7.3.1.	Biodiversity conservation
7.3.2.	Cultivation versus gathering

7.3.3.	Good manufacture practices
7.4	Trends in herbs production and consumption
7.4.1	Safety of medicinal plants: a precondition for use
7.4.2.	Progress in research and development
VIII	HERBAL FOOD SUPPLEMENTS
8.1.	Distinctive features of food supplements
8.1.1.	Main ingredients and categories of products
8.1.2.	Distribution channels and consumer's access to food supplements
8.1.3.	Regulation and legal frameworks
8.2.	Size and dynamics of food supplements markets
8.2.1.	Trends and prospective in European markets
8.2.2.	Other important markets
8.3.	Interest of consumers in food supplements
8.4.	Herbal food supplements - a particular category of dietary supplements
8.4.1.	Herbal composition as advantage vs safety concern
8.4.2.	Reasons of worry for human health
8.4.3.	Quality and safety requirements for herbal food supplements
IX	LEGAL TRADE OF HERBAL FOOD SUPPLEMENTS
9.1	Notification procedure and marketing approval
9.1.1	Notification dossier. Quality and safety evaluation
9.2	Distribution channels and legal trade
9.3	Herbal product's control and market surveillance
9.4	Main Risks and health threats of illegal trade

9.4.1.	Adulteration
9.4.2.	Substitution
9.4.3.	Mislabelling
X	FOOD SUPPLEMENTS QUALITY AND SAFETY REQUIREMENTS
10.1	Law and regulation at EU and national level
10.2	Standards of quality, safety and stability
10.3	General safety concerns related to medicinal plants
10.3.1	Toxicity
10.3.2	Contamination
10.3.2.1	Chemical (heavy metals, pesticides)
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