

## 國立中興大學教學大綱

English

課程名稱	(中) 香料植物之應用與保健機能(0209)				
	(Eng.) Application and Health Function of Spices and Herbs				
開課單位	通識中心				
課程類別	必修	學分	2	授課教師	古山吉 (Kumar)
選課單位	不限系所	授課語言	英文	開課學期	1131
課程簡述	Historically herbs and spices have enjoyed a rich tradition of use for their unique flavor and healing properties. The rising prevalence of contagious and chronic diseases worldwide and the corresponding rise in health care costs is propelling interest among researchers and the public for these food related items for multiple health benefits, begins with influenza prevention to treatment of cancers. The principle aim of this course is to provide a theoretical and practical knowledge, and specialized skills to distinguish spices and herbs and their potential use in our day-to-day life. The first third of the course will focus on: the historical and cultural significance of herbs and spices; characteristics of herbs and spices and economic importance. The second third will examine the applications and health benefits of herbs and spices. The final third will emphasize the herbs and spices as agriculture commodity and the relevant agriculture practice.				
先修課程名稱				課程含自主學習	Y
課程與核心能力關聯配比(%)			課程目標之教學方法與評量方法		
課程目標	核心能力	配比(%)	教學方法	評量方法	
<input type="checkbox"/> The overall objective of this course is to improve students understanding of the uses and effects of herbs and spices, including their therapeutic values, on people and their cultures or societies. <input type="checkbox"/> Students will learn the role of herbs and spices in agricultural commodity <input type="checkbox"/> Students will be introduced to the culinary and traditional healing properties of herbs and spices <input type="checkbox"/> Students will gain knowledge in cultivation, propagation and process of herbs and spices <input type="checkbox"/> Students will become familiar with the realm herbs and spices widely offered for sale online and in natural food stores for choosing the most effective product at the best value.	2.科學素養 3.溝通能力 4.創新能力	50 20 30	講授 討論 專題探討/製作	測驗 作業 口頭報告 出席狀況 書面報告	
授課內容(單元名稱與內容、習作/每週授課、考試進度-共18週)					
週次	授課內容				
第1週	Course Introduction				
第2週	Historical Perspectives of Herbs and Spices				
第3週	Introduction to Common Herbs and Spices				
第4週	Classification of Herbs and Spices				
第5週	Characterization of Herbs and Spices				
第6週	Economic Importance of Herbs and Spices				

第7週	Primary and Secondary Functions of Herbs and Spices
第8週	NCHU campus field trip for identifying available herbs and spices
第9週	Quiz
第10週	Bio-activities of Herbs and Spices (Anti-microbial properties)
第11週	Bio-activities of Herbs and Spices (Antioxidant and anti-inflammation properties)
第12週	Bio-activities of Herbs and Spices (Anti-cancer properties)
第13週	Bio-activities of Herbs and Spices (anti-aging properties)
第14週	Bio-activities of Herbs and Spices (Anti-diabetic properties)
第15週	Introduction to Herbal Cosmetics
第16週	Extraction of Essential Oils (Practical Class)
第17週	Public awareness of herbs and spices (NCHU organic market)
第18週	Final Exam

## 學習評量方式

出席狀況 attendance/ participation 20%、  
 作業 homework/research 40%、  
 口頭報告 oral presentation 40%

## 教科書&amp;參考書目(書名、作者、書局、代理商、說明)

1. Brown, Deni. Encyclopedia of Herbs and Their Uses. New York: Dorling Kindersley Publishing Inc., 1995.
2. Singh, V.B. and Kirti Singh, 2000, Spices, New Age International Publisher, New Delhi.
3. See ESA List of Culinary Herbs and Spices for major, most commonly traded products in the EU:  
<http://www.esa-spices.org/download/esa-list-of-culinary-herbs-and-spices.pdf>.
4. Anonymous. Guidance on Authenticity of Herbs and Spices: Industry Best Practice on Assessing and Protecting Culinary Dried Herbs and Spices. [https://www.fdf.org.uk/corporate\\_pubs/guidance-herbsandspices.pdf](https://www.fdf.org.uk/corporate_pubs/guidance-herbsandspices.pdf).
5. El-Sayed SM and Youssef AM. Potential application of herbs and spices and their effects in functional dairy products. Helion. E01989. <https://www.sciencedirect.com/science/article/pii/S2405844019356142?via%3Dihub>.
6. Martinez Y and Mas D, 2020. Role of Herbs and Medicinal Spices as Modulators of Gut Microbiota. InTech Open. <https://www.intechopen.com/online-first/role-of-herbs-and-medicinal-spices-as-modulators-of-gut-microbiota>.
7. Kaefer CM and Milner JA, 2008. The Role of Herbs and Spices in Cancer Prevention. Journal of Nutritional Biochemistry. 19(6): 347–361. <https://www.sciencedirect.com/science/article/pii/S0955286307002689?via%3Dihub>.

課程教材 ( 教師個人網址請列在本校內之網址 )

## 課程輔導時間

By appointment.  
 Email:kumarnchu@gmail.com

## 聯合國全球永續發展目標

03.健康與福祉

提供體驗 課程：Y
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請尊重智慧財產權及性別平等意識，不得非法影印他人著作。

更新日期 西元年/月/日：無

列印日期 西元年/月/日：2024 / 8 / 23

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