Enhancing Human Health through Understanding Basic Food Sciences

Date: December 2, 2017 (Saturday)
Time: 9:30 am - 11:45 am
Venue: Lecture Theatre P4, Chong Yuet Ming Physics Bldg., Main Campus, HKU
Medium: English

Food powers our lives and fuels all bodily processes that enable us to breathe, move and think. All aspects of our lives are influenced by what we eat. This public lecture series will enhance participants’ understandings on relationships between food and human wellness. Participants will learn some causes of food poisoning and also learn the importance of gut microbiota and polyphenols to our health.

Programme Highlights

**Food Safety and Public Health: Sources and Prevention of Food Poisoning**

*Speaker: Dr Jennifer Wan  
School of Biological Sciences*

Foodborne diseases are an evolving public health challenge. In this talk, the speaker will provide an overview on the common sources and symptoms of food borne diseases caused by food poisoning and some prevention measures.

**Gut Microbiota in Health and Disease**

*Speaker: Dr Hani El-Nezami  
School of Biological Sciences*

The recent interest in the structure and function of gut microbiota has illuminated its central position in health and disease. In this lecture, the speaker will present the importance of gut microbiota, from nutritional status to behaviour and stress response.

**Polyphenol and Human Health**

*Speaker: Dr Mingfu Wang  
School of Biological Sciences*

Polyphenols, one major class of secondary metabolites produced by plants, are favourable for development into bioactive agents to prevent age-related diseases and management of food safety. In this lecture, the speaker will discuss why polyphenols are good for health and where we can find polyphenols.

**Discussion Session**

*Facilitator: Dr Jetty Lee  
School of Biological Sciences*

In this session, participants are free to discuss topics related to food and nutritional sciences and human health with the guest speakers.

11:45 am - 12:30 pm

**Visit to Food and Nutritional Laboratory & HKU Campus**

(Exclusive for secondary school teachers and students)

For details and registration, please visit: https://goo.gl/3fPwFB