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MODULE DESCRIPTOR

Module Title

Plant Foods, Phytochemicals and Health

Reference	AS3039	Version	1
Created	June 2017	SCQF Level	SCQF 9
Approved	June 2018	SCQF Points	15
Amended		ECTS Points	7.5

Aims of Module

To provide students with an understanding of the properties and uses of plants, including their phytochemical content and their role in health, disease and sustainable diets.

Learning Outcomes for Module

On completion of this module, students are expected to be able to:

- 1 Describe the classification and physiological effects of phytochemicals.
- 2 Describe the classification and uses of plant foods.
- 3 Discuss the epidemiological evidence for the effects of plants and phytochemicals on disease risk and health.
- 4 Discuss the current scientific literature on a given phytochemical.

Indicative Module Content

Phytochemicals including carotenoids, flavonoids, glucosinolates, phytosterols, saponins, polyphenols, protease inhibitors, monoterpenes, phytoestrogens and sulphides; plant foods including fruits, vegetables, cereals (grains), pulses (legumes), nuts, seeds, beverages (tea, coffee, cocoa, wine and beer), herbs and spices, edible oils, chocolate; anti-nutrients; toxicants; pharmacologically active agents; nutraceuticals; functional foods; sustainability; alternative protein sources.

Module Delivery

Lectures and tutorials supported by web-based materials.

Indicative Student Workload

	Full Time	Part Time
Contact Hours	36	N/A
Non-Contact Hours	114	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	150	N/A
<i>Actual Placement hours for professional, statutory or regulatory body</i>		

ASSESSMENT PLAN

If a major/minor model is used and box is ticked, % weightings below are indicative only.

Component 1

Type: Examination Weighting: 70% Outcomes Assessed: 1, 2, 3
 Description: An unseen, closed book examination.

Component 2

Type: Coursework Weighting: 30% Outcomes Assessed: 4
 Description: A written assignment.

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

This module is assessed using the two components of assessment as detailed in the Assessment Plan. To pass this module, students must achieve a module grade D or better.

Module Grade	Minimum Requirements to achieve Module Grade:
A	Final aggregate mark of 70% or greater and a minimum of 35% in C1 and C2.
B	Final aggregate mark of 60-69% and a minimum of 35% in C1 and C2.
C	Final aggregate mark of 50-59% and a minimum of 35% in C1 and C2.
D	Final aggregate mark of 40-49% and a minimum of 35% in C1 and C2.
E	MARGINAL FAIL. Final aggregate mark of 35-39% and a minimum of 35% in C1 and C2.
F	FAIL. A mark of less than 35% in either Component.
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module	Successful completion of Stage 2 or equivalent.
Corequisites for module	None.
Precluded Modules	None.

INDICATIVE BIBLIOGRAPHY

- 1 MANN, J. and TRUSWELL, S. *Essentials of human nutrition*. Current edition. Oxford: Oxford University Press.
- 2 Detailed reading lists (including papers published in scientific journals) will be provided by academic staff.