

## MODULE DESCRIPTOR

### Module Title

Fundamentals Of Food And Health

Reference	HS1147	Version	1
Created	March 2023	SCQF Level	SCQF 7
Approved	June 2023	SCQF Points	30
Amended		ECTS Points	15

### Aims of Module

To provide students with a fundamental understanding of food groups, nutrition, and dietary guidelines. The module examines the environmental, social, cultural, and economic influences on food and health, including the impact of food security and sustainability.

### Learning Outcomes for Module

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

- 1 Describe the different components of food and food groups and to analyse how this translates into dietary guidelines.
- 2 Have knowledge of the recommended intakes, sources, structure, and function of nutrients and to describe their relevance to health.
- 3 Discuss social, cultural, and economic influences on food choices, including the impact of food security on dietary intake and health outcomes.
- 4 Discuss sustainability in the context of food and health.

### Indicative Module Content

Food groups, sub-classifications and characteristics; macronutrients, micronutrients, National healthy eating guidelines; dietary reference values; estimated average requirements; proteins, fats, carbohydrates, fibre, vitamins, minerals, nutrient deficiencies and toxicity; food culture, social influences; food security and insecurity, hunger and malnutrition, globalisation, sustainable agricultural practices; sustainable diets; food waste; food ethics.

### Module Delivery

Blended delivery comprising on campus and on-line learning and engagement. This includes workshops, tutorials, seminars, keynote lectures and food handling lab session.

**Indicative Student Workload**

	Full Time	Part Time
Contact Hours	60	N/A
Non-Contact Hours	240	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	300	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: Practical Exam      Weighting: 100%      Outcomes Assessed: 1, 2, 3, 4  
 Description: Presentation

**Component 2**

Type: Coursework      Weighting: 0%      Outcomes Assessed:  
 Description: Minimum of 80 % mandatory attendance of all scheduled module delivery. Attendance will be assessed on a pass/unsuccessful basis.

**MODULE PERFORMANCE DESCRIPTOR****Explanatory Text**

C1 is assessed on an A-F basis and is 100% of the grade. To achieve a pass a grade D or above is required and a pass in C2 (80% Module attendance)

Module Grade	Minimum Requirements to achieve Module Grade:
<b>A</b>	C1 grade A and C2 Pass
<b>B</b>	C1 grade B and C2 Pass
<b>C</b>	C1 grade C and C2 Pass
<b>D</b>	C1 grade D and C2 Pass
<b>E</b>	C1 grade E and C2 Pass
<b>F</b>	C1 grade F and/or C2 Fail
<b>NS</b>	Non-submission of work by published deadline or non-attendance for examination

**Module Requirements**

Prerequisites for Module	None, in addition to course entry requirements
Corequisites for module	None.
Precluded Modules	None.

**INDICATIVE BIBLIOGRAPHY**

- 1 DEPARTMENT OF HEALTH, 1991. Dietary reference values for food, energy and nutrients for the United Kingdom. Report on health and social subjects, 41. London: HMSO.
- 2 GIBSON, M, 2020. Food and Society. Academic Press
- 3 LANHAM-NEW, SA, et al. 2020, Introduction to Human Nutrition: The Nutrition Society Textbook Series. Wiley-Blackwell Publishing Ltd.
- 4 MASON, P., & LANG, T., 2017. Sustainable Diets: How Ecological Nutrition Can Transform Consumption and the Food System. Routledge.
- 5 The bibliography will be updated annually to ensure the articles used are current to dietetic practice and reflect key issues.