

## MODULE DESCRIPTOR

### Module Title

Plant Foods, Phytochemicals and Health

Reference	PL2039	Version	1
Created	May 2022	SCQF Level	SCQF 8
Approved	June 2022	SCQF Points	15
Amended	August 2021	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 Explain 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: Coursework Weighting: 60% Outcomes Assessed: 1, 2, 3  
 Description: An essay.

**Component 2**

Type: Practical Exam Weighting: 40% Outcomes Assessed: 4  
 Description: A poster presentation.

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

The first grade represents Component 1 (essay, CW1) weighted as major and the second, Component 2 (poster presentation, PE1), weighted as minor. A minimum of Module Grade D is required to pass the module, with compensation of grade E in Component 1 or Component 2 permitted as per the requirements stated below. Non-submission of either component will result in an NS grade.

Module Grade	Minimum Requirements to achieve Module Grade:
<b>A</b>	AA, AB
<b>B</b>	AC, AD, BA, BB, BC, CA
<b>C</b>	AE, BD, BE, CB, CC, CD, DA, DB, EA
<b>D</b>	CE, DC, DD, DE, EB, EC
<b>E</b>	AF, BF, CF, DF, ED, EE, EF, FA, FB, FC, FD
<b>F</b>	FE, FF
<b>NS</b>	Non-submission of work by published deadline or non-attendance for examination

**Module Requirements**

Prerequisites for Module	None, in addition to SCQF level 8 entry requirements or equivalent
Corequisites for module	None.
Precluded Modules	None.

**INDICATIVE BIBLIOGRAPHY**

- 1 GOYAL, M.R. and SULERIA, H., 2019. *Human Health Benefits of Plant Bioactive Compounds: Potentials and Prospects*. 1st edition. Boca Raton: Taylor and Francis.
- 2 SALTER, A.M., WISEMAN, H. and TUCKER, G.A., 2012. *Phytonutrients*. 1st edition. London: Wiley-Blackwell.