MODULE DESCRIPTOR

Module Title

Plant Foods, Phytochemicals and Health

Reference	PL2039	Version	3
Created	March 2024	SCQF Level	SCQF 8
Approved	June 2022	SCQF Points	15
Amended	April 2024	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. Alignment with UN Sustainability Development Goals.

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
Actual Placement hours for professional, statutory or regulatory body		

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ASSESSMENT PLAN

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

Component 1

Type:	Coursework	Weighting:	100%	Outcomes Assessed:	1, 2, 3, 4
Description:	Essay				

MODULE PERFORMANCE DESCRIPTOR

Explanatory Text

Component 1 (**) comprises 100% of the module grade. A minimum of Module Grade D is required to pass the module. Non-submission will result in an NS grade.

Module Grade	Minimum Requirements to achieve Module Grade:
A	A
B	B
C	C
D	D
E	E
F	F
NS	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.