

Liverpool John Moores University

Title: NUTRITION AND THE FOOD WEB
Status: Definitive
Code: **4062TEF** (103788)
Version Start Date: 01-08-2016

Owning School/Faculty: Sports Studies, Leisure and Nutrition
Teaching School/Faculty: Sports Studies, Leisure and Nutrition

Team	Leader
Katie Lane	Y

Academic Level: FHEQ4 **Credit Value:** 24 **Total Delivered Hours:** 60
Total Learning Hours: 240 **Private Study:** 180

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	32
Seminar	7
Workshop	21

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS1	Portfolio	50	
Presentation	AS2	Presentation	50	

Aims

To develop a knowledge base of the importance of nutrition to human health from the level of sub-cellular activity to the whole food web. To gain an overview of the dimensions comprising the food web and appreciate how the various dimensions overlap and interrelate.

Learning Outcomes

After completing the module the student should be able to:

- 1 Explain functions, illustrate appropriate food sources, describe disorders caused by inappropriate intake of all major nutrients.
- 2 Use 'food tables' and dietary reference values and convert the information into dietary advice.
- 3 Recognise that the various dimensions of the food web respond to changes in consumer lifestyle and knowledge of nutrition and health.

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Portfolio	1	2
Presentation	3	

Outline Syllabus

The nature of food: energy balance, macro and micro nutrients - functions, water and electrolytes, effects of deficiency and excess and dietary sources. Nutrient balance. Use of food tables and tables of dietary reference values. Dimensions of the food web. Overview of the food industry. Impact of changing consumer lifestyles and increased awareness of nutrition and health on food consumption and products. The impact of global industry, global markets and raw materials. Consumer psychology. Power and influence of UK food retailers, marketing and advertising. Technological developments within the food web. The effect of national and international food policies on consumption, health and nutrition, food choice and the food industry.

Learning Activities

Formal lectures predominate and serve to map out the module syllabus and indicate the level of study required. This develops the students' skills in listening and processing technical information. In seminars, students are given the opportunity to become aware of diseases and disorders relating to nutrition and are encouraged to discuss potential solutions. A formal ICT workshop is held to introduce professional dietary analysis software which also serve to develop an understanding of tables of food composition. Students will explore the software in a student centred problem solving way. Workshop sessions enable students to expand and further their knowledge of the module. Students will be able to improve their presentation skills and are given the opportunity to carry out a practise presentation and receive formative feedback.

Notes

This module concerns the scientific basis of the study of human nutrition. It concentrates on basic principles of nutrition from the biochemical level to that of the food supply in the context of the food web. The nutritional needs of, and dietary advice for, various disease states and disorders are discussed, and the basis of dietary advice examined. It facilitates an understanding of the complexity of influence, interests, processes and constraints on the production, choice and consumption of food. Evidence from this module may contribute to WoW certification.