

Liverpool John Moores University

Title: Food Studies
Status: Definitive
Code: **4109SSLN** (123131)
Version Start Date: 01-08-2021

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

Team	Leader
Katie Lane	Y
Lucinda Richardson	
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Academic Level: FHEQ4 **Credit Value:** 10 **Total Delivered Hours:** 21.5
Total Learning Hours: 100 **Private Study:** 78.5

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	10
Practical	10

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	AS1	Exam	100	1.5

Aims

The module aims to introduce the subject of Food Studies from a theoretical and practical perspective to enable students to apply basic skills and knowledge to the practical preparation of food commodities

Learning Outcomes

After completing the module the student should be able to:

- 1 Recognise the importance of staple foods and key nutrients and how to prepare meals from a practical perspective
- 2 Identify the necessary processes to enable the safe preparation of staple foods for groups with targeted nutritional requirements

Learning Outcomes of Assessments

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

Exam	1	2
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Outline Syllabus

Protein. Carbohydrates. Fats and oils including emulsification. Students cook their own recipes to create a balanced healthy meal with an international theme. Healthy options including key nutrients. Alternative food choices. Novel foods. Students cook a meal to a chosen brief, e.g. suitable for an athlete, diabetic, older person, young child etc

Learning Activities

The module will use a combination of lectures and practical sessions

Notes

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