

## Liverpool John Moores University

Title: FOOD SECURITY, NUTRITION AND HEALTH  
Status: Definitive  
Code: **7135NATSCI** (126195)  
Version Start Date: 01-08-2020

Owning School/Faculty: Biological and Environmental Sciences  
Teaching School/Faculty: Biological and Environmental Sciences

Team	Leader
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**Academic Level:** FHEQ7      **Credit Value:** 20      **Total Delivered Hours:** 42  
**Total Learning Hours:** 200      **Private Study:** 158

### Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	14
Practical	11
Tutorial	8
Workshop	7

**Grading Basis:** 50 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	PORTFOLIO	Problem-based learning exercise	60	
Exam	EXAM	Essay questions	40	2

### Aims

*To explain the major links between food production and availability, nutrition, and*

*health, both at the individual and the population levels, from small communities to the global perspective.*

## **Learning Outcomes**

After completing the module the student should be able to:

- 1 Critically evaluate differing crop production systems needed to meet future global food demands
- 2 Critically analyse the link between nutrition, health and food
- 3 Critically assess the risks to animal and human health associated with the availability of healthy and nutritious foods

## **Learning Outcomes of Assessments**

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

PORTFOLIO	1	2	3
EXAM	1	2	3

## **Outline Syllabus**

*The module will look at the links between food, nutrition and health for the individual and within populations. Students will learn the role of foods and nutrients on the maintenance of health and the risk of disease, looking at different forms of malnutrition (i.e. single nutrient deficiencies, undernutrition, and overnutrition leading to obesity). They will also learn about biotechnology solutions for food security and food safety, considering a range of topics that include bioavailability, food quality, reliance on major staple crops, soil health and its link to food quality, and the contribution of food security and availability to the increased risks of malnutrition worldwide.*

## **Learning Activities**

This module will be delivered through a problem-based learning approach, using a combination of workshops and lectures supported by laboratory practical sessions.

## **Notes**

This module will explore the relationships between food, nutrition and health, with a main focus on the key aspects of food production and plant biotechnology in relation to health and disease.