

Module Specification

Module Summary Information

1	Module Title	Food Science, Food Skills and Applied Nutrition
2	Module Credits	20
3	Module Level	7
4	Module Code	HSC7007

5	Module Overview
<p>This module has been designed to enable you to effectively engage in nutritional planning, whilst developing an appropriate range of essential food skills to support your dietetic practice. Through group exploration of the diet of the UK population you will consider sub group differences in dietary and eating patterns, engage in critical discussion of the factors and constraints that determine food choice and eating behaviours, and explore international and cultural influences. You will develop a critical understanding of ever changing food legislation and labelling regulations and will learn theoretically and practically how food production, preparation and processing affects the nutrient content of food. You will also gain in-depth insight into catering management in the public sector, including the use of nutritional standards and the different methods of food service. In addition, you will develop a growing understanding of relevant new scientific areas affecting perceived acceptance, attractions and aversions to food e.g. Sensory perception and Cross modal effects.</p> <p>To enhance and contextualise the learning experience, you will participate in a series of practical sessions, which will provide you with opportunities to explore the reasoning behind the modification of energy and nutrient intake, the skills required to modify food, the considerations and information needed to appropriately tailor dietary modification advice to the needs of an individual, and a critical understanding of the quantitative and qualitative impact of the changes made. Within the context of an identified need, you will be asked to consider the range, suitability and costs of foods and ingredients that are available to achieve dietary change, enabling you to gain the required insight to provide dietetic advice that is appropriate to the social, cultural and economic background of individuals and groups. Other aspects such as the functionality of food, nutrition and health claims, and ethical issues associated with dietetic practice will be considered and discussed.</p> <p>Throughout this module you will engage with an assortment of blended learning opportunities, underpinned by the practice-led, knowledge applied philosophy of the programme. The pre-and post-session activities will enable you to further develop your knowledge of the topics covered in class, and might include critically interpreting the published literature, participating in online quizzes and discussion forums, engaging in group work, or critically reflecting on learning from the class session.</p>	

6	Indicative Content
	<ul style="list-style-type: none"> • Diets of the UK population • Principles of Food Science • Recipe modification practical's • Health inequalities • Catering in the public sector • Food legislation and labelling • Nutrient exchanges and functional foods

7	Module Learning Outcomes On successful completion of the module, students will be able to:	
	1	Critically interpret the relevant nutritional standards to develop a menu plan suitable for an identified population group.
	2	Evaluate a menu using an appropriate method of nutritional analysis and critical consideration of the impact of food production, processing and preparation on nutrient content.
	3	Critically discuss the clinical, social, economic and food system constraints that have been considered when planning a menu.
	4	Critically evaluate and translate nutritional, medical and social theory into practical advice for dietary adaptation to treat a named condition.

8	Module Assessment		
Learning Outcome			
	Coursework	Exam	In-Person
1-4	X		

9	Breakdown Learning and Teaching Activities	
Learning Activities	Hours	
Scheduled Learning (SL) includes lectures, practical classes and workshops, peer group learning, Graduate+, as specified in timetable	50	
Directed Learning (DL) includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE	110	
Private Study (PS) includes preparation for exams	40	
Total Study Hours:	200	