

Food and Health

Module Code:	HWS5001-B
Academic Year:	2018-19
Credit Rating:	20
School:	School of Nursing and Healthcare Leadership
Subject Area:	Health, Well-Being and Social Care
FHEQ Level:	FHEQ Level 5

Pre-requisites:

Co-requisites:

Contact Hours

Type	Hours
Lectures	24
Tutorials	24
Directed Study	152

Availability Periods

Occurrence	Location/Period
BDA	University of Bradford / Semester 1 (Sep - Jan)

Module Aims

To provide students with the opportunity to develop a critical understanding of the relationships between food, health, wellbeing and disease. To explore the relationship between food, health, the media and the food industry.

Outline Syllabus

Scientific basis of food. Nutritional requirements at life stages: pregnancy, babies and children, adults, older adults. Food and links to disease e.g. cancer, heart disease, obesity, malnutrition. Food and the media; representation of food; advertising; influences on diet; information and misinformation. Food and nutritional policies. The food industry: power;

links to policy; lobbying. Food and the consumer. Food labelling; Presentation of research related to food in the media. Food and culture. Food fads and myths

Module Learning Outcomes

On successful completion of this module, students will be able to...

- 1 Discuss nutritional requirements at various life stages.
- 2 Analyse representation of food in the media and the possible impact on diet
- 3 Discuss the relationship between diet, health and a range of diseases.
- 4 Analyse the impact on food and diet of national and local food policies, the media and the food industry
- 5 Produce effective written communication.
- 6 Identify, analyse and present information

Learning, Teaching and Assessment Strategy

Lectures, seminars, group work and individual tutorials will provide students with the opportunity to acquire the information in order to enhance their knowledge in relation to food & health.(Learning outcomes 01 - 04)

Use will be made of the VLE to complement learning in the classroom and will provide access to relevant web sites and audio files (Learning outcomes 01 - 04 & 06).

Directed study will enable students to develop and expand their knowledge and analytical skills by undertaking reading of key texts to support preparation for assessment & to access online materials and tutorials provided by the Learning Development Unit.(Learning Outcomes 01 - 04 & 06)

Learning outcomes 01 - 06 are assessed via a poster presentation and questions

Mode of Assessment

Type	Method	Description	Length	Weighting	Final Assess'
Summative	Presentation	A 10 minute poster presentation to critique the evidence base (between food, health, wellbeing & disease) plus 5	15 minutes	100%	Yes

minute questions
& asers to defend
the evidence.

Legacy Code (if applicable)

HH-5006D

Reading List

To view Reading List, please go to [rebus:list](#).