

MODULE DOCUMENTATION

Nutrition and Health

BIOL07015

Elective

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Full Title	Nutrition and Health		
Status	Uploaded to Banner	Start Term	2017
NFQ Level	07	ECTS Credits	05
Module Code	BIOL07015	Duration	Semester - (13 Weeks)
Grading Mode		Department	Culinary Arts
Module Author	Francesco Noci		

Module Description

A study of the current state of knowledge concerning the relationship between diet and health. The study includes an understanding of how specific components within food can promote or adversely affect health. The study includes nutritional analysis studies enabling students to critically assess the health status of menus and diets and cater for healthy eating.

Learning Outcomes

On completion of this module the learner will/should be able to:

1. Examine the different aspects of the relationship between diet and health
2. Identify how specific components within foods promote or adversely affect health.
3. Analyse diets and menus to determine nutritional content and value.
4. Apply dietary modifications diets/menus to cater for health.

Indicative Syllabus

Current recommended dietary guidelines (Ireland)
 Health implications of failure to meet recommended dietary guidelines.
 Nutrition through the life cycle
 Dietary components which promote / protect against heart disease, cancer, diabetes, obesity
 Other dietary related conditions
 Examples of dietary approaches (e.g.Mediterranean, Japanese, American) and associated health implications
 Current knowledge and recommendations in relation to diet and health
 Study of organic food, genetically modified foods, novel foods, functional foods
 Food Labelling
 Nutritional analysis
 Catering for health

Teaching and Learning Strategy

Teaching and learning methods will involve a combination of lectures, class discussion, and case-study analysis. Students will be encouraged to participate in the classroom and to relate concepts to actual situations.

Assessment Strategy

The modules will be assessed through an end of semester exam and continuous assessment, consisting of a project on a current topic in

human nutrition and an in class assessment.

Repeat Assessment Strategies

Opportunity to repeat the end of semester exam

Indicative Coursework and Continuous Assessment:		40 %		
Form	Title	Percent	Week (Indicative)	Learning Outcomes
Assessment	Class Assessment	20 %	TBA	1,2,3,4
Project	Project	20 %	TBA	1,2,3,4

End of Semester / Year Formal Exam:		60 %		
Form	Title	Percent	Week (Indicative)	Learning Outcomes
Closed Book Exam	Final Exam	60 %	End of Term	1,2,3,4

Full Time Delivery Mode Average Weekly Workload:			3.00 Hours		
Type	Description	Location	Hours	Frequency	Weekly Avg
Lecture	Lecture	Not Specified	3	Weekly	3.00

Recommended Reading Book List

(2013). *Public Health Nutrition (The Nutrition Society Textbook)*. Wiley-Blackwell.

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Literary Resources

REQUIRED READING

Willett W (2001) *Eat, Drink and Be Healthy*

WCRF Report 2007: *Food, Nutrition, Physical Activity and the Prevention of Cancer*

Food Standards Agency UK (2001) *Catering for Health*,

Joint WHO/FAO Expert Consultation Report (2003) *Diet, Nutrition and Prevention of Chronic Diseases*

RECOMMENDED READING

Stevenson D & Scobie P (1987) *Catering for Health*, Hutchinson.

Michael Lean. (2006) *Fox and Cameron's Food Science, Nutrition and Health* . 7th Ed. Hodder Arnold.

Truswell S (2003) *ABC of Nutrition* BMJ Books

Vaughn J & Judd P (2003) *The Oxford Book of Health Foods* Oxford University Press

Holford P (2003) *The Optimum Nutrition Bible*, Piatkus

Judith L. Buttriss, Ailsa A. Welch, John M. Kearney, Susan A. Lanham-New *Public Health Nutrition*, 2nd Edition (2017), Wiley-Blackwell

Other Resources

None

Additional Information

None

Programme Membership

GA_OCGSG_H08 202000 Bachelor of Arts (Honours) in Culinary and Gastronomic Sciences

