

BSc Nutrition and Food Science

UCAS code: BD46

Awarding Institution:
Teaching Institution:
Relevant QAA subject benchmarking group(s):

University of Reading
University of Reading
i) Biosciences and ii) Agriculture,
Forestry, Agricultural and Food
Sciences

Faculty of Life Sciences
For students entering Part 1 in Autumn 2007
Programme Director: Dr O B Kennedy
Programme Adviser: Dr O B Kennedy
Board of Studies: Food Biosciences

Programme length: 3 years
Date of specification: April 2009

Summary of programme aims

The aim is to provide a programme of education, which can enable graduates to enter a career in government, the food industry or other sectors involved in the food chain, education or health, as scientists, and to develop their capacity to undertake research into the science of food and health. The testable learning outcomes will be the ability to:

- integrate the scientific disciplines relevant to nutrition, food and health
- communicate and apply scientific knowledge in nutrition, food and health to meet the needs of consumers, industry and food regulatory authorities for the production and marketing of safe and quality foods.

Transferable skills

The University's Strategy for Teaching and Learning has identified a number of generic transferable skills which all students are expected to have developed by the end of their degree programme. In following this programme, students will have had the opportunity to enhance their skills relating to career management, communication (both written and oral), information handling, numeracy, problem-solving, team working and use of information technology.

Programme content

The Nutrition and Food Science programme provides an opportunity for students to follow a core curriculum that will allow them to gain post graduation registration as a 'Registered Nutritionist' with opportunity to diversify their subject knowledge through selection of specified optional modules. The programme is also designed to allow graduates from the course to be recognised as competent food and nutrition scientists with sufficient understanding and knowledge to function within the food and health industries in technical, development, advisory and marketing roles. The profile which follows states which modules must be taken (the core Nutrition and Food Science modules) and, for Part 2 and 3, the lists of modules from which the student must make a selection (the optional modules). The fundamental science modules in Part 1 have been selected to ensure students gain a thorough grounding in biology, chemistry, mathematics and aspects physical systems, necessary to form the basis for further study in Food Science and in Nutrition.

Although there is a significant degree of overlap in the foundation science requirements for both Nutrition and Food Science, the Human Physiology, Cell Biology and Biochemistry and Genetics and Molecular Biology modules provide an essential base for the health related and mechanistic aspects of nutrition that will be studied later in the course. The Microbiology and Chemistry are foundation subjects for both subjects, whereas the Mathematics and Computing and Physical aspects of Biological Systems are modules that have been specifically designed for this programme to ensure that this group of students has sufficient numeracy and knowledge of physical systems to underpin their later studies involving food processing, food engineering and product development. For the optional modules, students are free to select any module that is not a compulsory module so as to make 120 credits in each Part.

Part 1 (2007-2008 three terms)

| <i>Mod Code</i> | <i>Module Title</i> | <i>Credits</i> | <i>Level</i> |
|---|--|----------------|--------------|
| <i>Compulsory modules (120 credits):</i> | | | |
| AM1P11 | Introductory Microbiology | 10 | C |
| BI1BA1 | The Living Cell | 10 | C |
| BI1BB2 | Biochemistry and Metabolism | 10 | C |
| FB1EPB | Physical Aspects of Biological Systems B | 10 | C |
| FB1GFS | Selected Topics in Food Science | 10 | C |
| FB2N1 | Fundamentals of Human Nutrition | 20 | I |
| PM1PB2 | Human Physiology | 20 | C |
| <i>Plus 30 credits from the following modules (choice dependent on entry qualifications):</i> | | | |
| CH1FC1 | Fundamental Concepts in Chemistry 1 | 10 | C |
| CH1FC2 | Fundamental Concepts in Chemistry 2 | 10 | C |
| CH1O1 | Introduction to organic chemistry | 20 | C |
| FB1EM1 | Mathematics and Computing for Food Biosciences | 20 | C |
| FB1EM2 | Mathematics and Computing for Food Biosciences | 10 | C |

Part 2 (2008-2009 three terms)

| <i>Mod Code</i> | <i>Module Title</i> | <i>Credits</i> | <i>Level</i> |
|--|--|----------------|--------------|
| <i>Compulsory modules (100 credits):</i> | | | |
| AP2EC1 | Consumer Behaviour | 10 | I |
| AS2P1 | Statistics and Epidemiology for Pharmacy | 10 | I |
| BI1BE2 | Pathology: Introduction to Human Disease | 10 | C |
| FB2C1A | Chemistry of Bulk Food Components | 10 | I |
| FB2C1B | Instrumental Analysis of Foods | 10 | I |
| FB2EFP | Food Processing | 20 | I |
| FB2FC1 | Food Choice and Regulation | 10 | I |
| FB2MF2 | Microbiological Hazards in Foods | 10 | I |
| FB2PH1 | Public Health Nutrition 1 | 10 | I |

Optional modules (20 credits):

| <i>Mod Code</i> | <i>Module Title</i> | <i>Credits</i> | <i>Level</i> |
|-----------------|---|----------------|--------------|
| FB2CFA | Food microstructure | 10 | C |
| FB2CFB | Food commodities | 10 | C |
| FB2MF1 | Microbiology food preservation and spoilage | 10 | I |
| AM2C32 | Endocrinology | 10 | I |
| LA1XX1 | Institution Wide Language Programme | 20 | C/I/H |

Part 3 2009-2010 (three terms)

| <i>Mod Code</i> | <i>Module Title</i> | <i>Credits</i> | <i>Level</i> |
|--|--------------------------------------|----------------|--------------|
| <i>Compulsory modules (100 credits):</i> | | | |
| FB3GPD | Food Product Development | 10 | H |
| FB3GSE | Sensory Evaluation of Food | 10 | H |
| FB3N2A | Diet and Disease | 10 | H |
| FB3N2B | Genes, Lifestyle and Nutrition | 10 | H |
| FB3N3 | Bioavailability, Diet and Gut Health | 10 | H |
| FB3PFB | Individual Research Project | 40 | H |
| FB3PN2 | Public Health Nutrition 2 | 10 | H |

Optional modules (20 credits):

| <i>Mod Code</i> | <i>Module Title</i> | <i>Credits</i> | <i>Level</i> |
|-----------------|--|----------------|--------------|
| FB2OE1 | Oenology | 10 | I |
| FB3CF1 | Special Topics in Food and Toxicology | 10 | H |
| FB3CF2 | Selected Topics in Food Chemistry | 10 | H |
| LA1XX1 | Language at a Higher Level than previously studied | 20 | I/H |
| MM270 | Practice of Entrepreneurship | 20 | I |

Professional Experience/Training

It is recommended that students obtain one period of at least eight weeks' approved industrial experience in industry, or in appropriate laboratories or institutions during a Summer vacation.

Progression requirements

- To gain a threshold performance at Part 1 and qualify for the CertHE a student shall normally be required to achieve an overall average of 40% over 120 credits taken in Part 1, where all the credits are at C level or above, and a mark of at least 30% in individual modules amounting to not less than 100 credits. In order to progress from Part 1 to Part 2, a student shall normally be required to achieve a threshold performance at Part 1, and have no module mark below 30%.
- To gain a threshold performance at Part 2 and qualify for the DipHE a student shall normally be required to achieve an overall average of 40% over 120 credits taken in Part 2, and a mark of at least 30% in individual modules amounting to not less than 100 credits. In order to progress from Part 2 to Part 3, a student shall normally be required to achieve a threshold performance at Part 2.
- To obtain the degree at the end of Part 3, students must obtain an overall average of 40%. The final degree assessment is based on the following weightings:

For students registered for a 3 year programme:

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|----------------|------|
| Part 2 Modules | 33 % |
| Part 3 Modules | 67 % |

Summary of teaching and assessment

As indicated above, teaching is organised into modules – each module will consist of lectures, practicals, or a combination of these. Students are assessed on each module, usually by a formal examination, although modules consisting only of practicals (or similar coursework) may not have a formal examination. All coursework is assessed and the assessment contributes towards the modular marks. The Part 3 project is an individual study requiring the submission of formal report for assessment.

Admission requirements

Entrants to this programme are normally required to have obtained:

GCSE: Grade C or better in Mathematics and English in GCSE; and achieved

Advanced Level (AS and A2):

- Grades B,B, C at A2 with at least two science subjects, including either chemistry and biology. Related subjects at AS level that will be taken into account include food technology, environmental science and human biology
- A UCAS Tariff of 280 with 100 obtained in at least one core science

International Baccalaureate: 30 points

Irish Leaving Certificate: BBBB

Admissions Tutor: **Dr R A Frazier**

Support for students and their learning

University support for students and their learning falls into two categories. Learning support includes IT Services, which has several hundred computers and the University Library, which across its three sites holds over a million volumes, subscribes to around 4,000 current periodicals, has a range of electronic sources of information and houses the Student Access to Independent Learning (S@IL) computer-based teaching and learning facilities. There are language laboratory facilities both for those students studying on a language degree and for those taking modules offered by the Institution-wide Language Programme. Student guidance and welfare support is provided by Personal Tutors, the Careers Advisory Service, the University's Special Needs Advisor, Study Advisors, Hall Wardens and the Students' Union.

Career prospects

There are many varied job opportunities for scientifically trained graduates in nutrition. This course specifically trains graduates who are equipped to operate in many organisations and industries involved in the development, supply and regulation of food and food products. Graduates are equipped to work in education, consumer information and government departments concerned with assurance of nutrition quality and health as well as in public health nutrition. Other opportunities arise in companies supplying the food industry with ingredients, equipment and packaging and in specialist food and nutrition research laboratories.

Opportunities for study abroad or for placements

There are no formal arrangements for study abroad. Students may transfer to the 4 year programme including industrial training, and industrial training attachments have sometimes been found in other countries including the United States of America and Australia.

Educational aims of the programme

The Nutrition and Food Science programme aims to:

- Provide a programme of education which can enable its graduates to enter a career in a wide range of public and private organisations, as scientists, capable of supporting the relation between food and health through development, production, regulation and consumer acceptance of quality food.
- Provide a broadly based scientific education whose graduates can also enter into employment in related scientific sectors where they can apply their scientific skills.
- Allow individuals to develop their capacity to undertake research into the science of food and health.
- Provide undergraduates with opportunities to develop their inter-personal and communication skills.
- Enable graduates from the course to meet the qualification and curriculum requirements for post graduate qualification as 'Registered Nutritionist'.

Programme Outcomes

Knowledge and Understanding

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| <p>A. Knowledge and understanding of:</p> <ol style="list-style-type: none"> 1. food and nutrient composition, nutrient action, adaptation to food and nutrient supply (FB2N1;CH1FC2; FB2C1A; FB2EFB; FB3N2A) 2. biological basis of the interaction between food and health (PM1PB1; BI1BA1; BI1BB2; FB2N1; BI1BE2; FB2N2; FB3N3; FB3PH2) 3. methods and data for acquiring and interpreting information about diet and health and evidence based food policy (PM2ES2;FB2PH1;FB3PH2) 4. role of agriculture, food production, marketing, economic, social and behavioural factors affecting dietary adequacy (FB1GFS;FB2EFP; FB2PH1; FB2FC1; AP2EC1; FB3GPD; FP3GSE; FB3N2A) | <p>Teaching/learning methods and strategies Lectures and practical classes provide the basic knowledge. A variety of coursework gives opportunities for extending knowledge and techniques. Individual and group projects reinforce techniques and give experience of practical applications</p> <p><i>Assessment</i> Most knowledge is tested through a combination of coursework and unseen formal examinations. Project work, reports, oral presentations and computer-based exercises also contribute to the final assessment.</p> |
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Skills and other attributes

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| <p>B. Intellectual skills – able to:</p> <ol style="list-style-type: none"> 1. analyse and solve problems (FB2C1B;FB2MF2; FB2PH1;PM2ES2; FB2PY;FB3GPD; FB3GSE; FB3PH2) 2. critically evaluate scientific literature, recognising strengths and weaknesses in research findings (FB2PH1;FB3N2B;FB3PFB;FB3PH2;FB3N3;FB2C1B;FB2EFP) 3. assess problems and design experiments to test hypotheses (FB2PY;FB3GPD;FB3PFB; FB3PH2) 4. apply knowledge to new problems (FB3GPD; FB3PFB) 5. plan, conduct and report on an individual research project (FB3PFB). | <p>Teaching/learning methods and strategies Topics 1 and 2 are essential components of the programme and are embedded in many parts of the programme. Topics 3 and 4 are introduced in Part 2 and Part 3 course-work. Topics 3, 4 and 5 are fully developed during the product development module and the individual research project in Part 3 of the programme and for individual students in their industrial year.</p> <p><i>Assessment</i> Coursework is structured to assess topics 1, 2, 3 and 4. Topics 3, 4 and 5 are assessed as components of the individual research project and the Industry Year</p> |
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|--|--|
| <p>C. Practical skills – able to:</p> <ol style="list-style-type: none"> 1. develop and perform chemical, nutritional, microbiological and sensory laboratory tests to assess the quality and safety of foods (CH1FC2;FB2C1B; FB2MF2; FB3GSE) 2. appreciate principles associated with assessment and formulation of diets to meet specified requirements for individuals or populations (FB2N1; FB2FC1; AP2EC1) 3. ability to record, collate and analyse nutrition related data using appropriate statistical methods (FB1EM2; AS2P1; FB3PFB) | <p>Teaching/learning methods and strategies Topic 1 is introduced by lectures but is developed fully by appropriate laboratory exercises during all Parts of the programme. Topics 2, 3 and 4 are developed during lectures, exercises and group work in Parts 2 and 3 of the programme.</p> <p><i>Assessment</i> All topics will be assessed by coursework.</p> |
| <p>D. Transferable skills – able to:</p> <ol style="list-style-type: none"> 1. work as an individual, in a small group or as part of a larger team (FB2C1B;FB2EFP; FB2NF2; FB2N1;FB2PH1; FB2PY;FB3PFB; FB3GPD) 2. prepare reports and make presentations that effectively present the results of investigations carried out (FB2PH1;FB2PY;FB3PH2;FB3N2A;FB3N3 ;FB3PFB) 3. make effective use of information technology (FB1EM2;AS2P1;FB2PY;FB3PFB) 4. consider and manage career choice (FB1GFS; vacation employment visit; FB2PY) 5. digest, summarise and communicate information concerning food and nutrition at a level appropriate to the needs of both specialist and non-specialist target audiences (FB2PH1;FB2FC1; FB2PY; FB3PH2; FB3PFB). | <p>Teaching/learning methods and strategies The development of transferable skills is integrated into many parts of the programme. Students are required to work both as individuals and as part of groups. Career skills (topic 4) are introduced in a Part 1 module, are reinforced by the work experience period between part 1 and part 2 and more extensively during the Industry Year. Skills in communication and presentation are developed as part of seminar presentations (specialist and non-specialist), presentations of specialist material from laboratory classes, research project and industry year presentations</p> <p><i>Assessment</i> All topics are assessed both by coursework within the modules and in formal examinations.</p> |

Please note:

This specification provides a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably expect to achieve and demonstrate if he/she takes full advantage of the learning opportunities that are provided. More detailed information on the learning outcomes, content and teaching, learning and assessment methods of each module can be found in module and programme handbooks.