

ISSU9EW – Eating Well, Living Well

Module Description

The module Eating well, living well is designed to provide students with a comprehensive understanding of the significance of adequate eating habits for promoting a healthy lifestyle. The module will cover various aspects of nutrition, including macro and micronutrient contents in diet, energy balance, and the impact of age, physical activity, and dietary patterns on food choices.

The course aims to provide students with an understanding of the nutritional value of food and the benefits of making informed dietary choices. Furthermore, students will learn about Scottish traditional dishes and culinary culture, which will enhance their knowledge and appreciation of food culture.

The module will be delivered over a period of four weeks and will include lectures, practical sessions, workshops, and interactive seminars. By the end of the module, students will have gained the necessary knowledge and skills to identify dietary choices that promote healthy living.

The module Eating well, living well is designed to provide students with a comprehensive understanding of the importance of healthy eating habits for promoting a healthy lifestyle. The module will equip students with the necessary knowledge and skills to make informed dietary choices that contribute to a healthy and sustainable lifestyle.

Learning Outcomes

- Understand the significance of healthy eating habits in promoting a healthy lifestyle and the impact of poor dietary choices on health
- Identify the macro- and micro-nutrient contents in the diet and their roles in maintaining good health
- Explain the concepts of energy balance and the relationship between physical activity and dietary patterns.
- Apply the knowledge and skills gained from the module to promote healthy eating habits and a sustainable lifestyle.

Teaching

The course will consist of four contact hours a week with workshops in the nutrition lab. There will be a field trip to a football club or distillery.

Assessment

Assessment type	Weighting
Essay 1000 Word	70%
Presentation	30%

Key reading List

To prepare for the Eating well, living well module, students should engage in some introductory reading and preparatory work to help them gain a foundational understanding of the topic.

1. Readings:

"Dietary Guidelines for Americans 2020-2025" by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services (available online)

"The Role of Nutrition in the Health of the Elderly" by L. M. Donini et al., in Aging Clinical and Experimental Research, 2013

"Dietary Patterns and Cardiovascular Disease Prevention: A Review of the Evidence" by S. L. Schwingshackl and G. Hoffmann, in International Journal of Environmental Research and Public Health, 2018

2. Preparatory work:

Complete the online Nutrition Quiz from the British Nutrition Foundation, available on their website.

Research and analyze the nutritional content of a favorite dish or meal, using reputable sources such as the USDA's FoodData Central or the British Nutrition Foundation's Nutrition Calculator.