MD2B1-30 Food: Nutrition and Malnutrition

22/23

Department
Warwick Medical School
Level
Undergraduate Level 2
Module leader
Claire Bastie
Credit value
30
Module duration
7 weeks
Assessment
40% coursework, 60% exam
Study location
University of Warwick main campus, Coventry

Description

Introductory description

To facilitate an in-depth understanding of food as it pertains to nutrition and malnutrition. Students will experience integrated perspectives about food from the course themes which are consolidated and advanced through case based learning.

Module web page

Module aims

In-depth understanding of food as it pertains to nutrition and malnutrition.

Outline syllabus

This is an indicative module outline only to give an indication of the sort of topics that may be covered. Actual sessions held may differ.

This is the first integrated module experienced by students in their second year. There will an increase in the level of the content and expectations around self-directed learning responsibility for the students which will be communicated and will become clear through this block. The module

will build from taught content with lecture theatre-based presentations and interactive presentations, as well as case-based learning sessions, all supported by TEL online content. Students will be encouraged to re-visit areas of previous learning and start to identify patterns in problem causation and management.

In the medical sciences, students will cover the anatomy and physiology of the renal and gastrointestinal systems. This will underpin the knowledge and understanding needed for study of nutrition, metabolism and disease, covering topics such as digestion, absorption of macronutrients, nutritional principles and energy, impact of malnutrition, obesity and diabetes. Students will also consider multigenerational effects of malnutrition on reproduction and health.

In the health sciences, the role of the World Health Organisation and Public Health England will be introduced as it relates to the global health problems of hunger, malnutrition, obesity and diabetes. Students will consider the role of the food industry, dietary choices, food safety and the role of media through use of examples. The lens of responsibility and influence will be used to view many of the discussions taking place in this module.

The cases in this module will explore contemporary examples of dietary choice with regard to health and sustainability, factors such as influence and parental responsibility will also be discussed through a case involving childhood obesity.

Learning outcomes

By the end of the module, students should be able to:

- 1. To develop a broad understanding of the key concepts, principles and theories, which will support a multidisciplinary approach to understanding of local and global problems surrounding nutrition and malnutrition
- 2. To use anatomical and physiological information about the GI and renal systems to inform an understanding of diet and metabolism
- 3. To explore the concepts of food availability, food safety and regulation of the food industry locally and globally
- 4. To interpret the evidence of multigenerational effects of malnutrition on reproduction and health
- 5. To identify patterns associated with food related diseases and the burden on society
- 6. To discuss public health, legislation and policies with regard to nutrition related conditions
- 7. To develop and use strategic planning and reasoning skills to engage with others to individually or collectively put forward structured ideas that can have a positive influence on local and global challenges in health

Indicative reading list

1. Johnson M.H. (2007) Essential reproduction. 6th edition. Wiley-Blackwell.
2. Sanford P.A. (1992) Digestive system physiology. 2nd edition. Hodder Arnold.
3. Koeppen and Stanton. (2007) Renal physiology. 4th edition. Mosby.
4. Hyseni et al. (2017) Systematic review of dietary salt reduction policies: evidence for an effectiveness hierarchy? PLoS One, 12 (5). e0177535.
5. Sachs G. (2017) Introduction to European food law and regulation. International Food Law

and Policy. 409-450.
6. Jackson D. (2017) Healthcare economics made easy. 2nd edition. Scion Publishing.

Subject specific skills

Knowledge and understanding of the local and global problems surrounding nutrition and malnutrition and ability to investigate such health problems from the integrated perspectives of Health Sciences and Medical Science
Ability to recognise factors that influence and determine access to food resources, dietary behaviours and food related diseases
Ability to investigate the long-term impact of certain diets and malnutrition on the health of multiple generations

Transferable skills

critical thinking and appraisal, self-directed learning, evidence-based approach to problem solving, time management, group learning, integration of information

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Study

Study time

Type	Required
Lectures	38 sessions of 1 hour (22%)
Seminars	25 sessions of 1 hour (15%)
Online learning (scheduled sessions)	20 sessions of 1 hour (12%)
Private study	87 hours (51%)
Total	170 hours

Private study description

Students would be expected to engage in 217 hours of self-directed learning (130 hours for assessments) outside other learning and teaching activities outlined above.

Costs

No further costs have been identified for this module.

Assessment

You do not need to pass all assessment components to pass the module.

Assessment group D

	Weighting	Study time
Review of evidence and write up	40%	52 hours
Review evidence on a topic related to health problems covered in the module		
Locally Timetabled Examination - Multiple Choice	30%	
Multiple choice exam undertaken in 90 min		
Locally Timetabled Examination - Synoptic Paper	30%	39 hours
Synoptic paper with questions from all 30 CATS modules completed in year 2		

Feedback on assessment

Feedback will be provided to students on their Multiple Choice Question (MCQ) test by highlighting the topic areas the student answered incorrectly. The literature review and synoptic exam will be marked using standardised rubrics, which will provide feedback to the students (including individualised feedback) in line with WMS assessment criteria (including submission to Plagiarism software). Further verbal feedback will be available to students on request. Every student who fails an element of assessment will be offered an appointment for face to face feedback.

Past exam papers for MD2B1

Availability

Courses

This module is Core for:

- UMDA-B990 Undergraduate Health and Medical Sciences
  - Year 2 of B990 Health and Medical Sciences
  - Year 2 of B990 Health and Medical Sciences