

<b>Module</b>	<b>Food, Society and Nutrition</b>
<b>Code</b>	MSLS_V1_4
<b>Degree Programme</b>	Master of Science in Life Sciences (MSLS)
<b>ECTS Credits</b>	5
<b>Workload</b>	150 h: Contact 60 h; Self-study 90 h
<b>Module Coordinator</b>	<p><b>Name</b> Prof. Dr. Christine Brombach</p> <p><b>Phone</b> +41 (0)58 934 56 86</p> <p><b>Email</b> christine.brombach@zhaw.ch</p> <p><b>Address</b> ZHAW Zurich University of Applied Sciences Life Sciences and Facility Management Campus Reidbach Einsiedlerstrasse 35 CH-8820 Wädenswil</p>
<b>Lecturers</b>	<ul style="list-style-type: none"> <li>• Beatrice Baumer</li> <li>• Dr. Janice Sych</li> <li>• Guest lecturers (national and international)</li> </ul>
<b>Entry Requirements</b>	<p>This course requires substantial reading assignments before and during course. Course readings include journal articles, books and various internet sources. Everyone is expected to read the core readings (indicated) for preparing classes and lectures. Additional reading assignments are made during the course.</p>
<b>Learning Outcomes and Competences</b>	<p>After completing the module students will be able to</p> <ul style="list-style-type: none"> <li>• understand the complexity of the food issues and food systems</li> <li>• understand the food environment and its influence on individual food choices</li> <li>• critically assess the role of its actors and stakeholders of the food environment</li> <li>• critically assess the role of politics, development and agriculture and community-based programs, and public health</li> <li>• critically assess the role of innovation and technologies in the food sector</li> <li>• develop understanding for the wider scope of the social, cultural context of food and dietary behavior and its implication for national and international development and health policies</li> <li>• develop skills in critical assessment of research</li> <li>• critically reflect on food and food related values</li> </ul>
<b>Module Content</b>	<p>This course aims to describe the interdependence of food, health, consumer, culture, policies, trade, environment and health perspectives. The module consists of five topics which are linked together and grouped by “food-issues”:</p> <ul style="list-style-type: none"> <li>• Food, Culture and Society: Consumer Studies</li> <li>• Food, Public Health and the Environment</li> <li>• Food and Public Policy</li> <li>• Functional foods: health-claims and potential health benefits</li> </ul>

	<ul style="list-style-type: none"> <li>• Design, development, processing and stability of functional ingredients</li> </ul> <p>Food and food issues are central and crucial for the development of local and international economies. Food and eating seem trivial yet food forms the basis for life; food shapes individuals and cultures, but also has influence on international trades and policies.</p> <p>In this course students are encouraged to consider critically the role of food in respect of developmental, environmental and health issues as well as topics which focus on governance and policies. They will be challenged by consumer related issues and consumer insights.</p>
<b>Teaching / Learning Methods</b>	<ul style="list-style-type: none"> <li>• Lectures</li> <li>• Individual Papers</li> <li>• Self-reflections</li> <li>• Group assignments and presentations in class</li> <li>• Self-study</li> <li>• four written self-reflections</li> <li>• group assignments and presentations in class</li> <li>• case studies during the excursion</li> </ul>
<b>Assessment of Learning Outcome</b>	<ul style="list-style-type: none"> <li>• project work on functional /health-promoting foods, 30%</li> <li>• Individual essay assignment (paper) (70%).</li> </ul>
<b>Bibliography</b>	<p>Literature and documents will be handed out during the course</p> <p>Readings:</p> <ul style="list-style-type: none"> <li>• Lang, T., Barling D., Caraher, M. (2009). Food Policy: Integrating health, environment and society. Oxford University Press</li> </ul>
<b>Language</b>	English
<b>Comments</b>	<p>Different methods and information sources will be applied during the course: readings, lectures, films and case studies will be implemented to develop an understanding of international development, food, food system, nutrition, and policy, the role of the consumer, environment, economy, politics and. Special attention will be made on classroom activities such as discussions and presentations of case studies.</p>
<b>Last Update</b>	19.09.2023