



**Northumbria
University**
NEWCASTLE



BSc (Hons)

Food Science and Nutrition

(Clinical Nutrition)

Final year in Sri Lanka



**Association
for Nutrition**
Accredited

Institute of
Food Science
+ Technology **ifst**
Accredited



Programme Structure

Module code	Module	Credits
AP0616	Biological and Food Sciences Research Project	40
AP0617	Product Development and Sensory Analysis	20
AP0618	Food and Nutrition Policy and Issues	20
AP0622	Investigative Sport and Exercise Nutrition	20
AP0640	Clinical Nutrition	20

Module Outline

Biological and Food Sciences Research Project

This module targets the engagement of students in a research project and the presentation of their evaluation of the relevant primary literature and their own findings in a written report. It is essential that your approach to the project is based on the scientific method. The scientific method involves observing, forming a hypothesis, testing it through experiments, and accepting possible hypothesis. Laboratory and/or computer-based work will provide the students with the appropriate practical skills and independent and directed learning will be used to facilitate literature evaluation. Assessment strategies will take the form of a supervisor’s report, oral presentation and a final report. Students will receive weekly oral feedback from their supervisors within laboratory/tutorial sessions. Supervisors will review one written draft of the chapters prior to submission.

Product Development and Sensory Analysis

The module is designed to provide you with knowledge of the main workflows pertinent to New Product Development (NPD) and insights on how those workflows could translate into a successful product. You will also gain theoretical and practical knowledge in food marketing and innovation in the food industry. The course covers current and future food production trends, sensory analysis, and data interpretation. You will apply this knowledge through a group project, practical assignments, and product trials, while also learning about Good Manufacturing Practice and workflows in New Product Development teams.

Food and Nutrition Policy and Issues

This module explores current food policies, focusing on how they are developed and their impact on various populations. Students will critically analyse these policies in relation to consumers, industry, and government. Through lectures, seminars, and case studies, national and international policy-making processes will be examined. The module also investigates factors influencing consumer food choices and health decisions, encouraging students to research and evaluate the scientific basis of controversial food-related claims. These topics will be further explored through student-led seminars. Assessments will involve individual analysis of specific policies and their broader implications.



Investigative Sport and Exercise Nutrition

This module focuses on the principles and applications of nutritional interventions to improve sport and exercise performance, as well as health outcomes. It highlights the growing importance and professionalisation of sports nutrition as a career path. You will develop a solid understanding of the science behind sports and exercise, and learn to critically evaluate the evidence behind dietary and physical activity interventions. The module also covers the use of nutritional ergogenic aids, supplementation, and the effects and detection of drugs and doping agents. Additionally, it reviews the practical role of nutritionists in line with professional guidelines and codes of conduct. This module prepares you for potential professional accreditation in sports nutrition.

Clinical Nutrition

This module focuses on the principles of clinical nutrition, nutritional support, and treatment strategies. It explores the biochemical and nutritional foundations of various clinical disorders through lectures and case studies. Students will develop skills in nutritional assessment and dietary planning within a clinical context. The module aims to build understanding of conditions like type II diabetes, emphasizing their biochemical and nutritional aspects. Critical thinking and evaluation skills will be developed through the analysis of case studies using primary literature. Assessment includes a written critical review and a seen examination.



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