Module Specification

Creating Healthy Food Systems

Version: 2026-27, v3.0, Approved

Contents

Part 1: Information

Module title: Creating Healthy Food Systems

Module code: USSKHW-15-M

Level: Level 7

For implementation from: 2026-27

UWE credit rating: 15

ECTS credit rating: 7.5

College: College of Health, Science & Society

School: CHSS School of Applied Sciences

Partner institutions: None

Field: Applied Sciences

Module type: Module

Pre-requisites: None

Excluded combinations: None

Co-requisites: None

Continuing professional development: Yes

Professional, statutory or regulatory body requirements: None

Part 2: Description

Overview: This module will provide students with the ability to approach health issues from a systemic perspective, looking at how creating healthy food systems can enhance both human health and their urban habitat. Sustainable food systems will be critically explored from a public health perspective as well as from a sustainable urban planning one. Systems and design approaches will be used both to analyse food systems and to identify how obstacles (actors and factors) can be overcome to make food systems healthier.

Features: This module is available as CPD.

Educational aims: This module will provide students with the ability to develop and critically assess public health and education approaches to generate healthy and sustainable food system outcomes.

Outline syllabus: Indicative content:
Introduction to healthy food systems at different scales (local, national, international).

Central concepts with regard to health and wellbeing in relation to sustainability, food, diet, and nutrition - nutritherapy, social green prescribing and ‘climate food’.

Critically evaluating contemporary issues in health, environmental and social aspects of food systems using an EcoHealth approach .

Social and environmental justice in the context of food system problems and solutions and participatory governance.

Critically assessing and developing actions, interventions and policies for healthy food systems in urban settings – urban agriculture and healthy food systems considerations in strategies to make cities more sustainable.

Analysis of healthy food systems (problems and solutions) using systems thinking and design thinking.

Part 3: Teaching and learning methods

Teaching and learning methods: Scheduled learning includes e.g. lectures, seminars, case study review, online activities, field trips, group discussion and tutorials. Lectures will be supported by Podcasts / Video and module support will be supplemented with an electronic discussion board.

Module Learning outcomes: On successful completion of this module students will achieve the following learning outcomes.

MO1 Critically evaluate and synthesize research evidence, theory, and practical approaches (experiential & project-based learning) to healthy food systems, identifying key challenges and opportunities for improvement.

MO2 Develop, critique, and communicate evidence-based solutions, actions, and interventions for promoting healthier food systems to a diverse audience – using systems thinking and design thinking skills.

Hours to be allocated: 150

Contact hours:

Independent study/self-guided study = 114 hours

Staff-guided learning = 36 hours

Reading list: The reading list for this module can be accessed at readinglists.uwe.ac.uk via the following link https://uwe.rl.talis.com/index.html

Part 4: Assessment

Assessment strategy: Assessment: Presentation (15 minutes presentation with 10 minutes Q+A)
An oral presentation with Q&A, accompanied with presentation material (slides and references) which will demonstrate students' ability to communicate effectively with different audiences and to present critically evaluated approaches to achieving a healthier food system.

Students will be provided with tutor and peer group support in the development of this assignment.

Assessment tasks:

Presentation (First Sit)
Description: Oral presentation with accompanying materials (25 minutes)
Weighting: 100 %
Final assessment: Yes
Group work: No

Learning outcomes tested: MO1, MO2

Presentation (Resit)
Description: Oral presentation with accompanying materials (25 minutes)
Weighting: 100 %
Final assessment: Yes
Group work: No
Learning outcomes tested: MO1, MO2

Part 5: Contributes towards

This module contributes towards the following programmes of study:

Sustainable Food Systems [Frenchay] MSc 2025-26

Sustainable Food Systems [Frenchay] MSc 2026-27