

Project proposal template – Faculty studentships Summer 2014

<i>Project title</i>	Understanding the impact of combinations of culinary herbs and spices and other foods on	<i>Director of Study</i>	Dr Elizabeth Opara
<i>Second Supervisor</i>	Dr Mike Stolinski	<i>School</i>	Life Sciences
<i>Other members of supervisory team</i>	Prof Declan Naughton will have a supporting role as a formal collaborator	<i>Any requirements from applicant (eg degree in specific subject area)</i>	1st class honours degree in nutrition or a related biological science
Project summary (max 1,000 characters)			
<p>Culinary herbs and spices (CHSs) have been shown to possess a range of bioactive properties that are purported to protect against the development of chronic diseases. These properties are significantly increased by preparative and digestive processes. However, CHSs are commonly consumed as part of a meal. Therefore, to gain true insight into their role as dietary contributors of these protective properties, the bioactivity of CHSs in combination with other foods needs to be investigated.</p> <p>The aim of this project is to investigate the impact of other foods on the antioxidant, anti-inflammatory and anti-proliferative properties of CHSs, using isobolographic analysis. The project will provide the student with the opportunity to work in the relatively new and growing area of food synergy, develop a range of laboratory techniques including cell culture, HPTLC, LCMS, western blotting and ELISAs, and gain experience designing and implementing small human studies.</p>			