



Aims

Good nutrition is vital to a healthy and active lifestyle. Students are presented with current scientific data on the importance of nutrients and exercise for the body as well as social and environmental issues that are related to good health. Students will apply their knowledge gained to design and perform investigations that link ideas between food and health. From the knowledge gained, students will be able to evaluate and modify their own diet and lifestyle.

Students will examine fad diets and learn to critically analyse the effectiveness of these on their health. Students will investigate different methods of food production, labelling and marketing and consider how these ways can influence the health of the individual and community. Students will investigate environmental issues surrounding food and research ideas to improve food security and sustainability for future generations.

Learning outcomes

After successfully completing this subject students should be able to:

- > Apply nutritional knowledge to evaluate and incorporate into their own personal lifestyle and the community around them
- > Understand how nutrition may change over time both personally and in the community via social and environmental factors
- > Gain skills in interpreting information from a variety of sources and communicate ideas in different formats
- > Develop their capability to self-reflect, inquire, problem solve and work in a team environment
- > Develop practical investigation skills and begin to form hypotheses, design, test and report nutritional ideas via experimental procedures.

Prerequisites and assumed knowledge

There are no prerequisites or assumed knowledge for this subject.

Subject content

Week	Topic and assessment schedule
1	Orientation
2 – 6	Nutrients – macro and micro
7 – 10	Digestion, Energy and metabolism
Break	
11 – 12	Diet related disorders
13 – 17	Dietary guidelines and food selection
18 – 19	Revision and Exams
20	Exam review
Break	
21 – 27	Contamination, preservation and marketing of foods
28 – 30	Fad diets
Break	
31 – 36	Global food issues
37	Revision
38 – 39	Exams
40	Transcript collection and graduation



Assessment

General weightings for each assessment item are outlined below

Assessment item	Weighting	Due dates
Tests (3)	18%	Weeks 10, 17, 28.
Assignments (4)	16%	Weeks 8, 10, 13, 16
Practicals and investigation (5)	12%	Weeks 4, 14, 22, 23, 29
Oral Presentation (1)	5%	Week 31
Issue investigation (1)	9%	Week 36
Mid year Exam	15%	As per College examination timetable
Final Exam	15%	As per College examination timetable
Participation	10%	Throughout the year