



Nutrition

Foundation Studies Program

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.

Subject content

WEEK	TOPIC AND ASSESSMENT SCHEDULE
1 - 8	Orientation, macronutrients, energy & micronutrients
9 - 10	Digestion, energy & metabolism
11 - 14	Diet-related disorders, nutrition throughout the life cycle
15 - 19	Dietary guidelines, food selection & diagnostic tools
20 - 23	Contamination, preservation of food & practical investigation
24 - 26	Factors affecting food selection and nutritional status
27 - 29	Food safety, regulations, labelling and additives
30 - 33	Impact of food production on the environment, packaging and processing
34	Food sustainability
35 - 37	Impact of food processing on the environment and society
38 - 39	Revision and exams
40	Graduation

Assessment

General weightings for each assessment item are outlined below.

ASSESSMENT ITEM	WEIGHTING
Tests	10%
Assignments	21%
Practicals	16%
Investigation	15%
Final exam	30%
Participation	8%

Prerequisites and assumed knowledge

There are no prerequisites or assumed knowledge for this subject.

Further enquiries

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