

Nutrition

Level: Stage 1

Course length: 1 semester

Credit value: 10 Credits

Advice to students

No background knowledge required.

Course overview

Students of Nutrition investigate and learn about current scientific information on the role of nutrients in the body as well as social, cultural and environmental issues in nutrition. Students explore the links between food, health and diet-related diseases and examine strategies to promote good health. The study of nutrition assists students to reinforce or modify their own diets and lifestyle habits to maximise positive health outcomes.

Nutrition A

- Macronutrients and micronutrients
- Australian Dietary Guidelines and nutrition in the lifecycle
- Social and cultural factors influencing food choices
- Food labels.

Assessment

There will be four or five assessment tasks with at least one collaborative task.

Tasks include:

- Two Skills and Application Tasks 40%
- Two practical investigations 40%
- One issues investigation 20%

Pathways

This subject is a recommended preparation for SACE Stage 2 Nutrition.