Nutrition

Course length: Full year
Credit value: 20 credits

Advice to students
No background knowledge is required, although competent literacy and numeracy skills are expected.

Course overview
Core and option topics are studied in Nutrition.

Topics for Nutrition
Core topics:
1. The fundamentals of human nutrition
2. Diet, lifestyle and health
3. Food selection and dietary evaluation
4. Food, nutrition and the consumer.

One option topic will be studied and will be determined by teacher and student interest.

Option topics:
1. Global nutrition and ecological sustainability
2. Global hunger.

Nutrition includes approximately 20 hours of practical activities, including laboratory investigations, dietary analysis and assessment, and sensory evaluation of foods.

Assessment
School-based assessment
• Practical investigations 40%
  Three practicals, one from each core topic 1, 3 and 4 and one issues investigation
• Skills and applications tasks 30%
  Five tasks.

External assessment
• Examination (2 hours) 30%

Pathways
Nutrition provides pathways into a range of tertiary and vocational certificate courses. Possible career pathways include, but are not limited to, childcare, community health work, dietetics, fitness leadership, food technology, health science, hospitality, naturopathy, nursing, nutrition research, small business, sport sciences, and teaching.

Further information
This subject taken in conjunction with any of the following; Psychology, Health Studies, Biology, Physical Education, Mathematical Applications, Child Studies or English may provide an appropriate/alternative pathway to other health related courses.