

Nutrition

Level: Stage 2

Course length: Full year or Semester

Credit value: 20 Credits (Full year)

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.

20-credit Nutrition:

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 30%
Two hours in length.

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 Psychology, Health Studies, Biology, Physical Education, Mathematical Applications, Child Studies or English Communications may provide an appropriate/alternative pathway to other health related courses.