

Nutrition A & B

Level: Stage 1

Duration: Semester

Prerequisite: None required

Additional Cost: None

Further Enquiries:

- Please contact Science coordinator Mr Shane Loader
- Phone: 8647 3300

Who Is This Course For?

Good nutrition is integral to a healthy and active life, and it is important that accurate information on nutrition is made available to individuals and communities. Students of Nutrition are presented with up-to-date scientific information on the role of nutrients in the body as well as on social and environmental issues related to nutrition.

What Will I Learn?

Students of Nutrition will study three of the following choice topics:

- Macronutrients and micronutrients
- Fresh versus processed foods
- Australian dietary guidelines and nutrition in the life cycle
- The psychology of food marketing
- Indigenous Australians: food changes from the traditional to the contemporary
- Contaminated food
- Safe food handling
- Organic food versus genetically modified food
- Sustainable food futures
- Water

How will I be assessed?

You will be assessed based on:

- Assessment Type 1: Investigations Folio
- Assessment Type 2: Skills and Applications Tasks.

Students will complete at least one practical investigation, issues investigation and skills and application task. A minimum of four tasks will be assessed.

This subject leads to a Stage 2 subject with an external examination, so both Nutrition A & B will have a trial exam.