

Nutrition

Level: Stage 2

Duration: Full Year

Prerequisite: C grade or better in Stage 1 Nutrition

Additional Cost: None

Further Enquiries:

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

Who Is This Course For?

Students who are interested in up to date information on the role of nutrients in the body as well as social and environmental issues in nutrition.

No background knowledge is assumed. Some basic knowledge of food, nutrition and science is an advantage.

What Will I Learn?

- Explore the links between food, health, and diet-related diseases.
- Examine factors that influence food choices and reflect on local, national, Indigenous, and global concerns and associated issues.
- Investigate methods of food production and distribution that affect the quantity and quality of food.
- Consider the ways in which these methods and associated technologies influence the health of individuals and communities.
- Anticipate how the study of nutrition assists/may reinforce or modify your own diets and lifestyle habits to maximise your health outcomes.

Core Topics

- Core Topic 1: The Fundamentals of Human Nutrition
- Core Topic 2: Diet, Lifestyle, and Health
- Core Topic 3: Food Selection and Dietary Evaluation
- Core Topic 4: Food, Nutrition, and the Consumer

Option Topics

Teachers should choose one of the following option topics in consultation with students:

- Option Topic 1: Global Nutrition and Ecological Sustainability
- Option Topic 2: Global Hunger

How will I be assessed?

You will demonstrate evidence of your learning assessed as Stage 2 through the following assessment types:

School Based Assessment:

- Investigations Folio 40%
- Skills and Applications Tasks 30%

External Assessment:

- Examination 30%