

BENEFITS OF STUDYING FOOD AND NUTRITION 3

Provides a pathway to further tertiary studies in the areas of Health Science, Dietetics, Nutrition, Environmental Health and Community Health. Education is also a possibility in Design and Technology, Health and Physical areas. Vocational Pathways such as, Hospitality, Fitness, Recreation, Retail; and Children's services are also a possibility.

Develops skills, knowledge and values for your own personal health and wellbeing.

Contributes 15 points toward the Tasmanian Certificate of Education.

Pre-requisite.

B in Grade 10 English would be an advantage.



DEPARTMENT OF EDUCATION

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FOOD AND NUTRITION 3



Department of Education
Hellyer College



FOOD AND NUTRITION

Consists of 5 compulsory units:

1. **Nutrition:**

An understanding is developed about the types of nutrients, their functions, their sources and consequences of their imbalances on a person's health. Investigating diet related diseases and how the diet affects these conditions.

2. **Dietary and Data Analysis**

Diet analysis data will be interpreted and the nutrients required at different stages of the lifecycle will be investigated as well as the requirements for different levels of health and activity. The Australian Dietary Guidelines will be used to analyse diets, menus and recipes.

3. **Food Sociology**

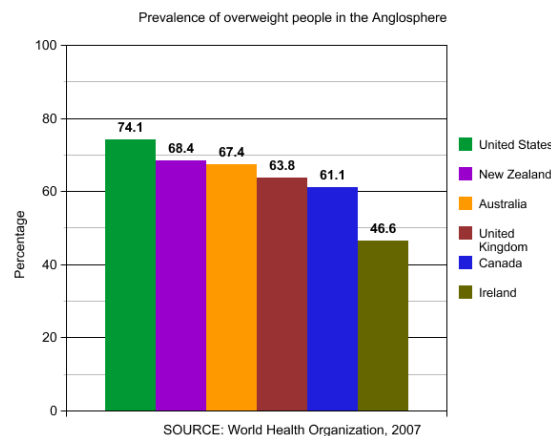
An understanding will be developed about how various factors influence the selection of food for individuals and groups. How does the appearance or aroma of food influence how much we want to eat the food? Food allergies and intolerances - how do these affect what people can eat.

4. **Health Promotion:**

Nutrition promotion strategies will be investigated and how they influence the health of individuals and groups. Who is responsible for the promotion of good health? Schools, communities, Government?

5. **Global Food Issues:**

Analyse programs from developing countries and Australia that address issues relating to food security. Students will also look at Ecological Sustainability and what programs/initiatives are designed to address this issue in relation to food systems.



LEARNING ACTIVITIES

- Personal/group investigations
- Reviewing current research
- Assignments
- Tests

