



# Nature Care College

## Introduction to Nutrition DISTANCE/BLENDED LEARNING

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| <b>DESCRIPTION</b>                     | This unit of study will enable you to develop an understanding of the basic concepts of established nutritional principles and practice and to overview current nutritional trends in order to identify basic individual dietary requirements and negotiate basic dietary change as appropriate to the individual.   |
| <b>DURATION</b>                        | One term (12 weeks) approximately 24 learning hours.   |
| <b>LEARNING OUTCOMES</b>               | <p>By the conclusion of the unit of study, students should be able to:</p> <ol style="list-style-type: none"> <li>1. Outline the functions of the essential nutrients</li> <li>2. Discuss the beneficial and adverse properties of foods and other nutritional substances</li> <li>3. Determine the basic dietary requirements for basic health</li> <li>4. Assess macronutrient inadequacies in an individuals diet</li> <li>5. Determine the influence of exogenous factors on nutritional status</li> <li>6. Identify appropriate dietary modifications for the individual</li> <li>7. Address appropriate cultural and lifestyle factors.</li> <li>8. Design a daily eating plan based upon individual energy requirements</li> <li>9. Identify dietary modifications to improve digestive function</li> <li>10. Identify dietary modifications to improve blood sugar regulation</li> <li>11. Design dietary modifications appropriate for weight loss</li> <li>12. Design dietary modifications appropriate for cardiovascular health</li> <li>13. Negotiate dietary change with the client</li> </ol> |
| <b>TEACHING METHOD</b>                 | <p>This subject will be studied by the method known as “Distance/Blended Learning”. This form of study involves your completion of all learning outcomes without formal attendance at lectures or other types of classes.</p> <p>The benefits of this system are considerable as it contributes significant flexibility to your study programme. It also encourages students to take responsibility for their own learning, enhancing those mandatory skills of self-education. There will be considerable support from the College to aid you in your studies.</p> <p>A tutor will be available to answer any academic questions students may have. Details regarding this will be in the information and instruction sheet that will be sent to you upon enrolment.</p>  |
| <b>ASSESSMENT</b>                      | <p><b>An Assessment Pack will be included in your Distance/Blended Learning folder.</b></p> <p><b>All components must be passed at 60% in order to pass this subject.</b></p>  |
| <b>COMPETENCIES PARTIAL COMPLETION</b> | <p>Successful completion of this unit of study is in partial completion of the following Health Training Package HLT07 Units of Competency<br/>         HLTAYV404B - Provide Ayurvedic advice on nutrition</p>   |

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| <b>ENROLMENT</b>      | <p>You may enrol into this subject at any time. Unit of study fees must be paid in full when you enrol. All fees are <i>non-transferable and non-refundable</i>. You can enrol in person, over the telephone using a credit card, or by mail.</p> <p>Once you have enrolled you will be sent the Distance/Blended Learning workbook together with a detailed instruction and information sheet.</p>   |
| <b>PRE-REQUISITES</b> | Nil.  |
| <b>CO-REQUISITES</b>  | Nil.  |
| <b>TEXTBOOKS</b>      | <p><b>(a) Compulsory:</b><br/> Introduction to Nutrition Workbook. © Nature Care College, 2008</p> <p>McGuire M, Beerman K A. Nutritional Sciences - From Fundamentals to Food. Thomson Wadsworth, 2007</p> <p><b>(b) Recommended Reading / References:</b><br/> Brand-Miller J, Foster-Powell K. The New Glucose Revolution Life Plan. Hodder Headline Australia 2002<br/> Colbin A. Food and Healing. Ballantine Books. New York 1996.<br/> Erasmus, U. Fats that heal, fats that kill. Summertown, TN: Alive Books. Ernst E (Ed). 2007<br/> Higdon J. An evidence-based approach to dietary phytochemicals – Thieme USA 2007<br/> Moore-Lappe F. Diet for a Small Planet. 20<sup>th</sup> Anniversary Ed. Ballantine Books USA 1991<br/> Pitchford, P. Healing with whole foods Asian traditions and modern nutrition. 3<sup>rd</sup> ed. Berkeley, Calif: North Atlantic Books. 2002<br/> Ratnesar S. The Omega-3 Life Program. McGraw Hill Australia 2002<br/> Singer P, Mason J. The Ethics of What We Eat. Text Publishing Australia 2006</p> <p><b>(c) Recommended Websites</b><br/> American Journal of Clinical Nutrition: <a href="http://www.ajcn.org">www.ajcn.org</a><br/> Australian Consumers' Association: <a href="http://www.choice.com.au">www.choice.com.au</a><br/> Diabetes Australia: <a href="http://www.diabetesaustralia.com.au">www.diabetesaustralia.com.au</a><br/> FSANZ (Food Standards Australia and New Zealand): <a href="http://www.foodstandards.gov.au">www.foodstandards.gov.au</a><br/> National Heart Foundation of Australia: <a href="http://www.heartfoundation.com.au">www.heartfoundation.com.au</a><br/> NHMRC (National Health and Medical Research Council): <a href="http://www.nhmrc.gov.au">www.nhmrc.gov.au</a><br/> US Department of Agriculture: <a href="http://www.usda.gov">www.usda.gov</a><br/> Food and Healing. Annemarie Colbin. <a href="http://www.foodandhealing.com/">http://www.foodandhealing.com/</a></p> |

## SUGGESTED HOME STUDY PLAN:

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| <b>WEEK 1</b>       | Introduction of nutrition <ul style="list-style-type: none"><li>• Food nutrients and energy</li><li>• Essential nutrients in food</li><li>• Food groups and what they mean in terms of the major nutrients</li><li>• Non essential nutrients</li><li>• Functional foods</li><li>• Contaminants</li><li>• Energy requirements and measurement</li><li>• Dietary guidelines</li><li>• Recommended daily servings by food groups</li></ul>   |
| <b>WEEK 2</b>       | Digestion, Absorption & Assimilation of Nutrients <ul style="list-style-type: none"><li>• Overview of digestive system</li><li>• The anatomy of the digestive system</li><li>• The phases of and processes of digestion</li><li>• Digestion and absorption of carbohydrates, fats, proteins</li><li>• Immune function of the gastrointestinal tract (GALT)</li><li>• Common digestive symptoms associated with dysfunction</li><li>• Suggested solutions to improve digestion</li></ul> |
| <b>WEEK 3</b>       | Basic Chemistry <ul style="list-style-type: none"><li>• Matter, elements and compounds</li><li>• Forming of chemical bonds</li><li>• Major elements of the human body</li><li>• Composition of the human body</li><li>• Chemical composition of food</li></ul>  |
| <b>WEEK 4&amp;5</b> | Carbohydrates and blood sugar regulation and insulin resistance <ul style="list-style-type: none"><li>▪ Monosaccharides</li><li>▪ Disaccharides</li><li>▪ Lactose intolerance</li><li>▪ Complex carbohydrates</li><li>▪ Dietary fibre requirements</li><li>▪ Fibre content of certain foods</li><li>▪ The glycaemic response</li><li>▪ Daily carbohydrate requirements</li></ul>  |
| <b>WEEK 6</b>       | Protein <ul style="list-style-type: none"><li>▪ Amino acids</li><li>▪ Functions of amino acids and proteins</li><li>▪ Protein sources</li><li>▪ Complementary proteins</li><li>▪ Vegetarian diets</li><li>▪ Recommended protein intakes</li><li>▪ Protein content of various foods</li><li>▪ Advantages and disadvantages of animal protein</li><li>▪ Gluten intolerance and coeliac disease</li></ul>  |

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**WEEK 7**

## Lipids/Fats

- Family of compounds
- Triglycerides
- Fatty acids
- Saturated and unsaturated fatty acids
- Essential fatty acids
- Food sources of essential fatty acids
- Intake recommendations
- Cis and Trans fats
- Hydrogenation
- Phospholipids
- Cholesterol and association with heart disease

**WEEK 8**

## Water and Phytochemicals

- Water balance
- Water and fluid requirements
- Water fluoridation
- Water safety and drinking water
- Phytochemicals and antioxidants in food
- Food sources of phytochemicals
- Family of vegetables and fruits

**WEEK 9**

## Vitamins, Minerals &amp; "Super foods".

- Water and fat soluble vitamins – functions
- Vitamin food sources
- Minerals - functions
- Mineral food sources
- 'Super foods' health benefits fact or fiction

**WEEK 10**

## Food Processing, Labelling, Conventional farming, GM foods, Organic farming

- FSANZ regulation and safety from paddock to plate
- FSANZ food additives
- FSANZ labelling requirements
- Pesticides, Heavy metals in foods
- Mercury in fish
- GM Foods environmental concerns
- Organic Farming

**WEEK 11**

## Healthy eating &amp; Weight Loss

- Healthy eating guidelines
- Weight loss – genetic and metabolic factors
- Weight loss diets, ketogenic diet, CSIRO, Zone
- Diets for cardiovascular health – DASH, OMNIHEART

**WEEK 12**

## Cultural diets and dietary assessment

- Addressing cultural and lifestyle influences upon dietary change for the individual
- Identifying and implementing appropriate dietary changes for a client

**Assessment due**

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