





Nutrition

Nutrition is the study of dietary, lifestyle and healthy eating patterns with specific focus on nutrients in food, how the body uses nutrients, and the relationship between diet, health, emerging trends, and disease. You will investigate how the food and nutritional needs of different population demographics are affected by food availability, product development and ecological sustainability. You will study principles of nutrition, physiology and health, health promotion and emerging trends and sustainable food systems.

**SACE Full Year
20 Credits**

 Engage Skills	 Extend Knowledge	 Enrich Experiences
<ul style="list-style-type: none"> • Design and conduct investigations using appropriate methodologies. • Obtain, record, and display findings of investigations, using appropriate conventions and formats. • Analyse and interpret data and information to formulate logical conclusions. • Evaluate methodologies and research processes and their effect on data or findings. • Demonstrate deep and broad knowledge and understanding of a range of nutrition concepts. • Apply nutrition concepts in familiar and unfamiliar contexts. • Explore and understand the relationship between nutrition science and society. • Communicate nutrition concepts and nutrition literacy and numeracy. 	<ul style="list-style-type: none"> • Structure, function, and interaction of nutrients • Diet-related disorders • Digestive system • Impact of diet on health and wellbeing throughout the life cycle • Food labelling and its implications for health • Nutrition educational programs and tools • Factors influencing food choices • Different components of the food system • Impact of the food system on the environment • Developments in the food system • Implications of food wastage on sustainability 	<ul style="list-style-type: none"> • Uni SA STEM opportunities - STEM Girls on Campus – others as they arise via STEM Girls Academy • Oliphant Science Awards (optional) • National Youth Science Forum (optional) • STEM Tour (optional – offered every two years)

 Assessments/Outcomes	 Pathways
<p><i>School Assessment (70%)</i> – One design practical investigation, one investigation with a focus on science as a human endeavor, three skills and application tasks including one case study.</p> <p><i>External Assessment (30%)</i> - Examination</p>	<p>Career Pathways: Dietitian, Doctor, Food Technologist, General Practitioner, Health Coach, Health Promotion, Officer, Nurse Nutritionist, Paediatric Dietitian, Sports Dietician and Teacher.</p>