



HSYP8008

Global Nutrition and Food Security

Session 3, Weekday attendance, North Ryde 2020

Medicine, Health and Human Sciences Faculty level units

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Macquarie University has taken all reasonable measures to ensure the information in this publication is accurate and up-to-date. However, the information may change or become out-dated as a result of change in University policies, procedures or rules. The University reserves the right to make changes to any information in this publication without notice. Users of this publication are advised to check the website version of this publication [or the relevant faculty or department] before acting on any information in this publication.

Notice

As part of [Phase 3 of our return to campus plan](#), most units will now run tutorials, seminars and other small group learning activities on campus for the second half-year, while keeping an online version available for those students unable to return or those who choose to continue their studies online.

To check the availability of face-to-face and online activities for your unit, please go to [timetable viewer](#). To check detailed information on unit assessments visit your unit's iLearn space or consult your unit convenor.

General Information

Unit convenor and teaching staff

Rimante Ronto

rimante.ronto@mq.edu.au

Credit points

10

Prerequisites

Admission to MPH and HSY805 or HSY8104

Corequisites

Co-badged status

Unit description

Optimal nutrition is a cornerstone to health and well-being. In this unit you will develop an understanding of the relationships between nutrition, food security and health in Australia and globally. You will learn about key nutrients for human health in terms of their function, dietary sources and different nutritional requirements at various life stages; and then explore the factors that influence dietary behaviours and habits and their relationship to chronic diseases. We will train you to evaluate methods used to determine nutritional status and explore nutrition related policies, guidelines and programs used to prevent unhealthy dietary behaviours and consequently reduce the prevalence of chronic conditions. Also, you will explore global nutrition issues including nutrition transition, food security and environmental sustainability.

Important Academic Dates

Information about important academic dates including deadlines for withdrawing from units are available at <https://www.mq.edu.au/study/calendar-of-dates>

Learning Outcomes

On successful completion of this unit, you will be able to:

ULO1: Identify the key nutrients essential for human health, their role, requirements and dietary sources and analyse the factors impacting dietary intake and behaviour.

ULO2: Apply appropriate dietary assessment measures for individuals and populations.

ULO3: Identify major diet-related health issues and critically analyse interventions aiming to address them.

ULO4: Discuss and debate the environmental impact and sustainability of current dietary

patterns.

ULO5: Integrate knowledge of nutrition and food security issues with the design of effective and culturally appropriate strategies or interventions to address these issues.

Assessment Tasks

Name	Weighting	Hurdle	Due
<u>Portfolio reflection</u>	0%	No	Week 7
<u>Dietary intake analysis</u>	40%	No	Week 3
<u>Public health nutrition program/intervention proposal</u>	30%	No	Weeks 4 & 5
<u>Sustainable food system analysis</u>	30%	No	Week 7

Portfolio reflection

Assessment Type **1**: Reflective Writing

Indicative Time on Task **2**: 3 hours

Due: **Week 7**

Weighting: **0%**

Reflection of student performance and achievement of unit learning outcomes

On successful completion you will be able to:

- Identify the key nutrients essential for human health, their role, requirements and dietary sources and analyse the factors impacting dietary intake and behaviour.
- Apply appropriate dietary assessment measures for individuals and populations.

Dietary intake analysis

Assessment Type **1**: Case study/analysis

Indicative Time on Task **2**: 40 hours

Due: **Week 3**

Weighting: **40%**

Personal dietary intake analysis in alignment with the Australian Dietary Guides

On successful completion you will be able to:

- Identify the key nutrients essential for human health, their role, requirements and dietary sources and analyse the factors impacting dietary intake and behaviour.
- Apply appropriate dietary assessment measures for individuals and populations.

Public health nutrition program/intervention proposal

Assessment Type ¹: Presentation

Indicative Time on Task ²: 30 hours

Due: **Weeks 4 & 5**

Weighting: **30%**

Development of diet related intervention proposal

On successful completion you will be able to:

- Identify the key nutrients essential for human health, their role, requirements and dietary sources and analyse the factors impacting dietary intake and behaviour.
- Apply appropriate dietary assessment measures for individuals and populations.
- Identify major diet-related health issues and critically analyse interventions aiming to address them.
- Discuss and debate the environmental impact and sustainability of current dietary patterns.
- Integrate knowledge of nutrition and food security issues with the design of effective and culturally appropriate strategies or interventions to address these issues.

Sustainable food system analysis

Assessment Type ¹: Case study/analysis

Indicative Time on Task ²: 30 hours

Due: **Week 7**

Weighting: **30%**

Sustainable food system analysis and development of innovative solutions

On successful completion you will be able to:

- Identify the key nutrients essential for human health, their role, requirements and dietary sources and analyse the factors impacting dietary intake and behaviour.
- Apply appropriate dietary assessment measures for individuals and populations.

- Identify major diet-related health issues and critically analyse interventions aiming to address them.
 - Discuss and debate the environmental impact and sustainability of current dietary patterns.
 - Integrate knowledge of nutrition and food security issues with the design of effective and culturally appropriate strategies or interventions to address these issues.
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¹ If you need help with your assignment, please contact:

- the academic teaching staff in your unit for guidance in understanding or completing this type of assessment
- the [Writing Centre](#) for academic skills support.

² Indicative time-on-task is an estimate of the time required for completion of the assessment task and is subject to individual variation

Delivery and Resources

Resources will be provided on iLearn.

Policies and Procedures

Macquarie University policies and procedures are accessible from [Policy Central](https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central) (<https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central>). Students should be aware of the following policies in particular with regard to Learning and Teaching:

- [Academic Appeals Policy](#)
- [Academic Integrity Policy](#)
- [Academic Progression Policy](#)
- [Assessment Policy](#)
- [Fitness to Practice Procedure](#)
- [Grade Appeal Policy](#)
- [Complaint Management Procedure for Students and Members of the Public](#)
- [Special Consideration Policy](#) (**Note:** *The Special Consideration Policy is effective from 4 December 2017 and replaces the Disruption to Studies Policy.*)

Students seeking more policy resources can visit the [Student Policy Gateway](https://students.mq.edu.au/support/study/student-policy-gateway) (<https://students.mq.edu.au/support/study/student-policy-gateway>). It is your one-stop-shop for the key policies you need to know about throughout your undergraduate student journey.

If you would like to see all the policies relevant to Learning and Teaching visit [Policy Central](https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central) (<https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central>).

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Student Code of Conduct

Macquarie University students have a responsibility to be familiar with the Student Code of Conduct: <https://students.mq.edu.au/study/getting-started/student-conduct>

Results

Results published on platform other than [eStudent](#), (eg. iLearn, Coursera etc.) or released directly by your Unit Convenor, are not confirmed as they are subject to final approval by the University. Once approved, final results will be sent to your student email address and will be made available in [eStudent](#). For more information visit ask.mq.edu.au or if you are a Global MBA student contact globalmba.support@mq.edu.au

Student Support

Macquarie University provides a range of support services for students. For details, visit <http://students.mq.edu.au/support/>

Learning Skills

Learning Skills (mq.edu.au/learningskills) provides academic writing resources and study strategies to help you improve your marks and take control of your study.

- [Getting help with your assignment](#)
- [Workshops](#)
- [StudyWise](#)
- [Academic Integrity Module](#)

The Library provides online and face to face support to help you find and use relevant information resources.

- [Subject and Research Guides](#)
- [Ask a Librarian](#)

Student Services and Support

Students with a disability are encouraged to contact the [Disability Service](#) who can provide appropriate help with any issues that arise during their studies.

Student Enquiries

For all student enquiries, visit Student Connect at ask.mq.edu.au

If you are a Global MBA student contact globalmba.support@mq.edu.au

IT Help

For help with University computer systems and technology, visit http://www.mq.edu.au/about_us/offices_and_units/information_technology/help/.

When using the University's IT, you must adhere to the [Acceptable Use of IT Resources Policy](#). The policy applies to all who connect to the MQ network including students.