HSYP8008
Global Nutrition and Food Security
Session 3, Weekday attendance, North Ryde 2021

Medicine, Health and Human Sciences Faculty level units

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Session 2 Learning and Teaching Update

The decision has been made to conduct study online for the remainder of Session 2 for all units WITHOUT mandatory on-campus learning activities. Exams for Session 2 will also be online where possible to do so.

This is due to the extension of the lockdown orders and to provide certainty around arrangements for the remainder of Session 2. We hope to return to campus beyond Session 2 as soon as it is safe and appropriate to do so.

Some classes/teaching activities cannot be moved online and must be taught on campus. You should already know if you are in one of these classes/teaching activities and your unit convenor will provide you with more information via iLearn. If you want to confirm, see the list of units with mandatory on-campus classes/teaching activities.

Visit the MQ COVID-19 information page for more detail.
General Information

<table>
<thead>
<tr>
<th>Credit points</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prerequisites</td>
<td>Admission to MPH and HSYP805 or HSYP8104</td>
</tr>
<tr>
<td>Corequisites</td>
<td></td>
</tr>
<tr>
<td>Co-badged status</td>
<td></td>
</tr>
<tr>
<td>Unit description</td>
<td>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.</td>
</tr>
</tbody>
</table>

Important Academic Dates

Information about important academic dates including deadlines for withdrawing from units are available at [https://students.mq.edu.au/important-dates](https://students.mq.edu.au/important-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.

## General Assessment Information

Information concerning Macquarie University's assessment policy.

Grade descriptors and other information concerning grading requirements are contained in Schedule 1 of the Macquarie University Assessment Policy.

To pass this unit, students must demonstrate sufficient evidence of achievement of the learning outcomes and attempt all assessment tasks.

Further details for each assessment task will be available on iLearn, including marking rubrics.

All final grades in the department of Health Sciences are determined by a grading committee and are not the sole responsibility of the Unit Convenor.

Students will be awarded one of these grades plus a Standardised Numerical Grade (SNG). The SNG is not necessarily a summation of the individual assessment components. The final grade and SNG that are awarded reflect the corresponding grade descriptor in Schedule 1 of the Assessment Policy.

## Extensions for Assessment tasks

Applications for assessment task extensions must be submitted via www.ask.mq.edu.au. For further details please refer to the Special Consideration Policy.

## Late Submission of Work

All assignments which are officially received after the due date, and where no extension has been granted by the course convenor or tutor, will incur a deduction of 5% for the first day including the actual day on which the work is received, and 5% for each subsequent day. Weekends and public holidays are included. Late penalty is capped at 50%. For example:

<table>
<thead>
<tr>
<th>Due date</th>
<th>Received</th>
<th>Days late</th>
<th>Deduction</th>
<th>Raw mark</th>
<th>Final mark</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 14th</td>
<td>Saturday 15th</td>
<td>1</td>
<td>5%</td>
<td>75%</td>
<td>70%</td>
</tr>
<tr>
<td>Friday 14th</td>
<td>Monday 17th</td>
<td>3</td>
<td>15%</td>
<td>75%</td>
<td>60%</td>
</tr>
<tr>
<td>Friday 14th</td>
<td>Tuesday 25th</td>
<td>11</td>
<td>50% (capped)</td>
<td>75%</td>
<td>25%</td>
</tr>
</tbody>
</table>
## Assessment Tasks

<table>
<thead>
<tr>
<th>Name</th>
<th>Weighting</th>
<th>Hurdle</th>
<th>Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dietary intake analysis</td>
<td>40%</td>
<td>No</td>
<td>17th December 5pm</td>
</tr>
<tr>
<td>Public health nutrition program/ intervention proposal</td>
<td>30%</td>
<td>No</td>
<td>Part A 5th Jan 5pm, Part B 12th Jan 5pm</td>
</tr>
<tr>
<td>Sustainable food system analysis</td>
<td>30%</td>
<td>No</td>
<td>20th Jan 9am</td>
</tr>
<tr>
<td>Portfolio reflection</td>
<td>0%</td>
<td>No</td>
<td>25th January 5pm</td>
</tr>
</tbody>
</table>

### Dietary intake analysis

Assessment Type 1: Case study/analysis  
Indicative Time on Task 2: 40 hours  
Due: **17th December 5pm**  
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: **Part A 5th Jan 5pm, Part B 12th Jan 5pm**  
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: Case study/analysis
Indicative Time on Task: 30 hours
Due: 20th Jan 9am
Weighting: 30%

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.

Portfolio reflection

Assessment Type: Reflective Writing
Indicative Time on Task: 3 hours
Due: 25th January 5pm
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.
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 Learning Skills Unit 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**

**Unit Organisation**

Information is available via the HSYP8008 online Learning Management System (LMS) iLearn [http://ilearn.mq.edu.au](http://ilearn.mq.edu.au).

**Readings**

The readings for each week will be listed in ilearn using the Leganto system. Leganto is the reading list management system, which you can access through your iLearn unit. More information on Leganto is available here: [http://libguides.mq.edu.au/leganto](http://libguides.mq.edu.au/leganto)

Readings marked as 'required' are essential for completion in the marked week. Some readings may be included that are marked as 'recommended' or 'secondary sources', these are additional materials that may be of interest to you. Please use these at your discretion.

**Technology and equipment**

*Please note that this unit is offered completely online. Learning activities (such as tutorials and other small group learning activities) will be offered online.*

To study optimally for this unit you will need to have access to a reliable internet connection to join interactive sessions on zoom, retrieve unit information and submit assessment tasks via iLearn.

**Policies and Procedures**

Macquarie University policies and procedures are accessible from Policy Central ([https://policies.mq.edu.au](https://policies.mq.edu.au)). Students should be aware of the following policies in particular with regard to Learning and Teaching:
Students seeking more policy resources can visit Student Policies (https://students.mq.edu.au/support/study/policies). It is your one-stop-shop for the key policies you need to know about throughout your undergraduate student journey.

To find other policies relating to Teaching and Learning, visit Policy Central (https://policies.mq.edu.au) and use the search tool.

**Student Code of Conduct**

Macquarie University students have a responsibility to be familiar with the Student Code of Conduct: https://students.mq.edu.au/admin/other-resources/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
Student Enquiry Service
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

Equity 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.

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.