



# HSYP8008

## Global Nutrition and Food Security

Session 3, Online-scheduled-weekday 2023

*Department of Health Sciences*

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#### **Disclaimer**

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## General Information

Unit convenor and teaching staff

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Lecturer

Carla Lopes

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Credit points

10

Prerequisites

Admission to MPH

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.

## General Assessment Information

Grade descriptors and other information concerning grading are contained in the [Macquarie University Assessment Policy](#).

All final grades are determined by a grading committee, in accordance with the Macquarie University Assessment Policy, and are not the sole responsibility of the Unit Convenor.

Students will be awarded a final grade and a mark which must correspond to the grade descriptors specified in the [Assessment Procedure](#) (clause 128).

To pass this unit, you must demonstrate sufficient evidence of achievement of the learning outcomes, meet any ungraded requirements, and achieve a final mark of 50 or better.

Further details for each assessment task will be available on iLearn.

## Late Submissions

Unless a Special Consideration request has been submitted and approved, a 5% penalty (OF THE TOTAL POSSIBLE MARK) will be applied each day a written assessment is not submitted, up until the 7th day (including weekends). After the 7th day, a grade of '0' will be awarded even if the assessment is submitted. Submission time for all written assessments is set at 11.55pm. A 1-hour grace period is provided to students who experience a technical concern.

For example:

Number of days (hours) late	Total Possible Marks	Deduction	Raw mark	Final mark
1 day (1-24 hours)	100	5	75	70
2 days (24-48 hours)	100	10	75	65
3 days (48-72 hours)	100	15	75	60
7 days (144-168 hours)	100	35	75	40
>7 days (>168 hours)	100	-	75	0

For any late submissions of time-sensitive tasks, such as scheduled tests/exams, performance assessments/presentations, and/or scheduled practical assessments/labs, students need to submit an application for Special Consideration.

## Assessment Tasks

Name	Weighting	Hurdle	Due
<a href="#">Portfolio reflection</a>	0%	No	Week 7
<a href="#">Dietary intake analysis</a>	40%	No	Week 2
<a href="#">Public health nutrition program/intervention proposal</a>	30%	No	Week 4
<a href="#">Sustainable food system analysis</a>	30%	No	Week 6

### 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 2**

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 <sup>1</sup>: Presentation

Indicative Time on Task <sup>2</sup>: 30 hours

Due: **Week 4**

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 <sup>1</sup>: Case study/analysis

Indicative Time on Task <sup>2</sup>: 30 hours

Due: **Week 6**

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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<sup>1</sup> 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.

<sup>2</sup> 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

As a student enrolled in this unit, you will engage in a range of only learning activities, including readings, online module, discussions, self-chck quizzes, and video presentations. Details can be found on the iLearn site for this unit.

### Technology Used

Active participation in the learning activities throughout the unit will require students to have access to a tablet, laptop or similar device. Students who do not own their own laptop computer may borrow one from the university library.

## 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:

- [Academic Appeals Policy](#)
- [Academic Integrity Policy](#)
- [Academic Progression Policy](#)
- [Assessment Policy](#)
- [Fitness to Practice Procedure](#)
- [Assessment Procedure](#)
- [Complaints Resolution Procedure for Students and Members of the Public](#)
- [Special Consideration Policy](#)

Students seeking more policy resources can visit [Student Policies](https://students.mq.edu.au/su) (<https://students.mq.edu.au/su>)

[upport/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](mailto:ask.mq.edu.au) or if you are a Global MBA student contact [globalmba.support@mq.edu.au](mailto:globalmba.support@mq.edu.au)

## Academic Integrity

At Macquarie, we believe [academic integrity](#) – honesty, respect, trust, responsibility, fairness and courage – is at the core of learning, teaching and research. We recognise that meeting the expectations required to complete your assessments can be challenging. So, we offer you a range of resources and services to help you reach your potential, including free [online writing and maths support](#), [academic skills development](#) and [wellbeing consultations](#).

## Student Support

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

## The Writing Centre

[The Writing Centre](#) provides resources to develop your English language proficiency, academic writing, and communication skills.

- [Workshops](#)
- [Chat with a WriteWISE peer writing leader](#)
- [Access StudyWISE](#)
- [Upload an assignment to Studiosity](#)
- [Complete the 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

Macquarie University offers a range of [Student Support Services](#) including:

- [IT Support](#)
- [Accessibility and disability support](#) with study
- Mental health [support](#)
- [Safety support](#) to respond to bullying, harassment, sexual harassment and sexual assault
- [Social support including information about finances, tenancy and legal issues](#)
- [Student Advocacy](#) provides independent advice on MQ policies, procedures, and processes

## Student Enquiries

Got a question? Ask us via [AskMQ](#), or contact [Service Connect](#).

## IT Help

For help with University computer systems and technology, visit [http://www.mq.edu.au/about\\_us/offices\\_and\\_units/information\\_technology/help/](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.

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Unit information based on version 2023.04 of the [Handbook](#)