



BMSC11006 *Food, Nutrition and Health*

Term 2 - 2017

Profile information current as at 25/04/2024 01:49 pm

All details in this unit profile for BMSC11006 have been officially approved by CQU University and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

General Information

Overview

The study of this unit will assist students develop their understanding of food, nutrition and health of Australians. The range of socio-cultural and environmental factors which influence food choices, nutrition behaviours, health and wellbeing, are considered. This unit has a focus on food and nutrition systems in Australia and their role in the development of nutrition-related diseases/conditions, food security and environmental sustainability. Food, nutrition and health develops aspects of study that are relevant to understanding the fundamental aspects of nutrition and health in Australia. Many students may also find it a useful general interest unit adding to their broader understanding of the interrelationships of nutrition and health.

Details

Career Level: *Undergraduate*

Unit Level: *Level 1*

Credit Points: 6

Student Contribution Band: 8

Fraction of Full-Time Student Load: 0.125

Pre-requisites or Co-requisites

There are no requisites for this unit.

Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the [Assessment Policy and Procedure \(Higher Education Coursework\)](#).

Offerings For Term 2 - 2017

- Distance

Attendance Requirements

All on-campus students are expected to attend scheduled classes – in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

Website

[This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.](#)

Class and Assessment Overview

Recommended Student Time Commitment

Each 6-credit Undergraduate unit at CQUniversity requires an overall time commitment of an average of 12.5 hours of study per week, making a total of 150 hours for the unit.

Class Timetable

[Regional Campuses](#)

Bundaberg, Cairns, Emerald, Gladstone, Mackay, Rockhampton, Townsville

[Metropolitan Campuses](#)

Adelaide, Brisbane, Melbourne, Perth, Sydney

Assessment Overview

1. **Online Test**

Weighting: 50%

2. **Written Assessment**

Weighting: 50%

Assessment Grading

This is a graded unit: your overall grade will be calculated from the marks or grades for each assessment task, based on the relative weightings shown in the table above. You must obtain an overall mark for the unit of at least 50%, or an overall grade of 'pass' in order to pass the unit. If any 'pass/fail' tasks are shown in the table above they must also be completed successfully ('pass' grade). You must also meet any minimum mark requirements specified for a particular assessment task, as detailed in the 'assessment task' section (note that in some instances, the minimum mark for a task may be greater than 50%). Consult the [University's Grades and Results Policy](#) for more details of interim results and final grades.

CQUniversity Policies

All University policies are available on the [CQUniversity Policy site](#).

You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the [CQUniversity Policy site](#).

Previous Student Feedback

Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

Feedback from Student feedback course evaluation

Feedback

Good mixture of quizzes and essay for assessment tasks and lots of opportunity to be involved in the course through group discussions.

Recommendation

Continue to review assessment tasks and mixture of assessment tasks including group discussions and essays.

Unit Learning Outcomes

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

1. Describe the common nutrition related diseases/conditions found in the Australian community.
2. Describe and apply knowledge of historical and cultural differences in food habits of Australians.
3. Apply knowledge of food and nutrition in the maintenance of health.
4. Evaluate claims made on nutrition products and in nutritional advertising.
5. Identify and appraise relevant scientific literature in nutrition and health.
6. Describe food security and equity issues in health and nutrition in Australia.
7. Discuss consumer concerns about food quality and food safety in Australian contexts.

Alignment of Learning Outcomes, Assessment and Graduate Attributes



Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes						
	1	2	3	4	5	6	7
1 - Online Test - 50%	•	•	•	•			
2 - Written Assessment - 50%			•		•	•	•

Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes						
	1	2	3	4	5	6	7
1 - Communication		•	•	•	•	•	•
2 - Problem Solving				•			
3 - Critical Thinking			•	•	•	•	•

Graduate Attributes	Learning Outcomes						
	1	2	3	4	5	6	7
4 - Information Literacy	•	•	•	•	•	•	•
5 - Team Work							
6 - Information Technology Competence	•		•		•	•	•
7 - Cross Cultural Competence		•					
8 - Ethical practice		•	•				•
9 - Social Innovation							
10 - Aboriginal and Torres Strait Islander Cultures							

Alignment of Assessment Tasks to Graduate Attributes

Assessment Tasks	Graduate Attributes									
	1	2	3	4	5	6	7	8	9	10
1 - Online Test - 50%			•			•	•	•		
2 - Written Assessment - 50%	•	•	•	•		•				

Textbooks and Resources

Textbooks

BMSC11006

Prescribed

Australia's food & nutrition

Edition: Cat. NO. PHE 163 (2012)

Authors: Australian Institute of Health and Welfare

Australian Institute of Health and Welfare

Canberra , ACT , Australia

ISBN: ISBN 978-1-74249-323-7

Binding: Paperback

Additional Textbook Information

This publication is available as a DOWNLOAD ONLY via the Australian Institute of Health and Welfare (AIHW) website (<http://www.aihw.gov.au/publication-detail/?id=10737422319>).

IT Resources

You will need access to the following IT resources:

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)

Referencing Style

All submissions for this unit must use the referencing styles below:

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)
- [Harvard \(author-date\)](#)

For further information, see the Assessment Tasks.

Teaching Contacts

Saman Khalesi Unit Coordinator
s.khalesi@cqu.edu.au

Schedule

Week 1 - 10 Jul 2017

Module/Topic	Chapter	Events and Submissions/Topic
1 - Orientation and Introductions to our unit		

Week 2 - 17 Jul 2017

Module/Topic	Chapter	Events and Submissions/Topic
2 - People & their environment	1 - Australia's food & nutrition	

Week 3 - 24 Jul 2017

Module/Topic	Chapter	Events and Submissions/Topic
3 - The global food system	2 - Australia's food & nutrition	

Week 4 - 31 Jul 2017

Module/Topic	Chapter	Events and Submissions/Topic
4 - The policy environment	3 - Australia's food & nutrition	<ul style="list-style-type: none">• Group allocations will be provided• Commence contributions to small group discussion forums (formative component of written assessment task)

Week 5 - 07 Aug 2017

Module/Topic	Chapter	Events and Submissions/Topic
5 - Food production	4 - Australia's food & nutrition	<ul style="list-style-type: none">• Continue contributions to small group discussion forums (formative component of written assessment task)

Vacation Week - 14 Aug 2017

Module/Topic	Chapter	Events and Submissions/Topic
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Week 6 - 21 Aug 2017

Module/Topic	Chapter	Events and Submissions/Topic
6 - Food selection	5 - Australia's food & nutrition	<ul style="list-style-type: none">• Online test #1 (opens 9.00 am Monday 21st August, closes 9.00 am Monday 28th August)• Continue contributions to small group discussion forums (formative component of written assessment task)

Week 7 - 28 Aug 2017		
Module/Topic	Chapter	Events and Submissions/Topic
7 - Food waste	6 - Australia's food & nutrition	
Week 8 - 04 Sep 2017		
Module/Topic	Chapter	Events and Submissions/Topic
8 - Food & nutrient intakes - Part 1	7 - Australia's food & nutrition	<ul style="list-style-type: none"> • Online test #2 (opens 9.00 am Monday 4th September, closes 9.00 am Monday 11th September)
Week 9 - 11 Sep 2017		
Module/Topic	Chapter	Events and Submissions/Topic
9 - Food & nutrient intakes - Part 2	7 - Australia's food & nutrition	
Week 10 - 18 Sep 2017		
Module/Topic	Chapter	Events and Submissions/Topic
10 - Nutritional status & health	8 - Australia's food & nutrition	<ul style="list-style-type: none"> • Online test #3 (opens 9.00 am Monday 18th September, closes 9.00 am Monday 25th September)
Week 11 - 25 Sep 2017		
Module/Topic	Chapter	Events and Submissions/Topic
11 - Monitoring & surveillance	9 - Australia's food & nutrition	
Week 12 - 02 Oct 2017		
Module/Topic	Chapter	Events and Submissions/Topic
		<ul style="list-style-type: none"> • Online test #4 (opens 9.00 am Monday 2nd October, closes 9.00 am Monday 9th October) <p>Written Assessment Due: Week 12 Friday (6 Oct 2017) 5:00 pm AEST</p>
Review/Exam Week - 09 Oct 2017		
Module/Topic	Chapter	Events and Submissions/Topic
Exam Week - 16 Oct 2017		
Module/Topic	Chapter	Events and Submissions/Topic

Assessment Tasks

1 Online Test

Assessment Type

Online Test

Task Description

This assessment task includes a total of four (4) online tests to be conducted in weeks six (6), eight (8), ten (10) and twelve (12), respectively throughout the term.

You will be required to complete ALL tests.

Each test will include a total of 25 questions which relate to learning activities and lecture material provided from weeks two (2) through ten (10).

A one (1) hour time limit will apply for each test.

Additional information regarding these online tests will be provided in the unit Learning Guide and Moodle site.

Assessment Due Date

Each online test will be available for completion from 9.00 am on the Monday of their respective weeks and 'open' for completion for 1 week.

Return Date to Students

Marks for each test will be available to students immediately upon completion of each test.

Weighting

50%

Minimum mark or grade

Students are required to obtain at least 50% of allocated marks for this assessment task, in order to pass the unit.

Assessment Criteria

Marks will be allocated for each correct response (there will be no loss of marks for incorrect responses).

Referencing Style

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)
- [Harvard \(author-date\)](#)

Submission

Online

Submission Instructions

Students must access each online test via the Assessment BLOCK on the unit Moodle site.

Learning Outcomes Assessed

- Describe the common nutrition related diseases/conditions found in the Australian community.
- Describe and apply knowledge of historical and cultural differences in food habits of Australians.
- Apply knowledge of food and nutrition in the maintenance of health.
- Evaluate claims made on nutrition products and in nutritional advertising.

Graduate Attributes

- Critical Thinking
- Information Technology Competence
- Cross Cultural Competence
- Ethical practice

2 Written Assessment

Assessment Type

Written Assessment

Task Description

This task includes three (3) parts. You must complete **ALL parts of this task**.

Part 1 - Group discussions (Formative only - no marks allocated)

You will be:

- Randomly allocated to a group (6-8 students per group) by the end of week 4 (following census date). Each group will be provided with an online group space on our unit Moodle site. Each group space will include a discussion forum (asynchronous) and chat room (as required).
- Required to contribute discussion of your personal knowledge, concerns, opinions and/or experiences regarding one or more of the following topics:
 - Food labeling and food marketing in Australia (e.g. Your understanding of food labels, misdirection from marketing; television advertising etc);
 - Food-borne illnesses and the pathogens which cause them; and
 - Measurement of human health (eg. Body Mass Index, waist circumference, chemical analysis of blood, tissue, urine, faeces etc).
- Expected to conduct your discussions prior to the end of week 6. Any delay in contributing to your groups discussions may negatively impact on the time available for you to complete subsequent parts of this task.
- Responsible for working effectively in your group (please see details for Working in a Group in

the unit Assessment Guide).

- Expected to contribute (as a minimum) one (1) initial forum contribution; and at least two (2) follow-up contributions (Please see additional details in the unit Assessment Guide).

Part 2 - Discussion Report (20%)

You are required to develop a brief report (no more than 500 words) of your group discussions and group work. This report will include:

- A list of students who 'attended' your group discussions;
- A statement which outlines your role in the group and how well you worked in the group;
- A list of the specific topics/issues discussed within your group; and
- A statement which discusses your group's overall perceptions, opinions and experiences regarding the topics, and any levels of agreement or disagreement which were apparent.
- At least two (2) examples/excerpts from your group's discussions to support your statement from above.

Part 3 - Essay (30%)

Based on your group discussions you will be required to conduct research of one (1) of the three (3) topics discussed in your group and develop an essay (~1500 word) that includes:

- An introduction to the topic which you have researched;
- A body section which discusses current understanding, practices, evidence and/or statistics related to these issues/topics in Australia, and
- A conclusion which summarises your research and findings.

Additional details for this task are available in the Assessment Guide on the unit Moodle site.

Assessment Due Date

Week 12 Friday (6 Oct 2017) 5:00 pm AEST

Both Part 2 and Part 3 are due for submission on the same day but should be submitted separately to each task in the Assessment BLOCK on the course Moodle site.

Return Date to Students

Exam Week Friday (20 Oct 2017)

Weighting

50%

Minimum mark or grade

Students are required to obtain at least 50% of allocated marks for this assessment task, in order to pass the unit.

Assessment Criteria

Part 1 - is formative only and no marks are formally awarded for this part. Part 1 is however an enabler for Part 2 (ie. if you do not complete part 1 you will be unable to successfully complete part 2).

Marks for Part 2 will be awarded according to how well (Complete; Somewhat Complete; Incomplete; Omitted) you meet the key requirements for the task. A table/marking sheet is included in the unit Assessment Guide.

Marks for Part 3 will be awarded according to the essay rubric included in the unit Assessment Guide.

Feedback: General feedback on the essay will be provided to all students. Detailed feedback will only be provided to those identifying they wish to receive detailed feedback when submitting their assignment. For more information please refer to the unit Learning Guide.

Referencing Style

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)
- [Harvard \(author-date\)](#)

Submission

Online

Learning Outcomes Assessed

- Apply knowledge of food and nutrition in the maintenance of health.
- Identify and appraise relevant scientific literature in nutrition and health.
- Describe food security and equity issues in health and nutrition in Australia.
- Discuss consumer concerns about food quality and food safety in Australian contexts.

Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Information Technology Competence

Academic Integrity Statement

As a CQUniversity student you are expected to act honestly in all aspects of your academic work.

Any assessable work undertaken or submitted for review or assessment must be your own work. Assessable work is any type of work you do to meet the assessment requirements in the unit, including draft work submitted for review and feedback and final work to be assessed.

When you use the ideas, words or data of others in your assessment, you must thoroughly and clearly acknowledge the source of this information by using the correct referencing style for your unit. Using others' work without proper acknowledgement may be considered a form of intellectual dishonesty.

Participating honestly, respectfully, responsibly, and fairly in your university study ensures the CQUniversity qualification you earn will be valued as a true indication of your individual academic achievement and will continue to receive the respect and recognition it deserves.

As a student, you are responsible for reading and following CQUniversity's policies, including the [Student Academic Integrity Policy and Procedure](#). This policy sets out CQUniversity's expectations of you to act with integrity, examples of academic integrity breaches to avoid, the processes used to address alleged breaches of academic integrity, and potential penalties.

What is a breach of academic integrity?

A breach of academic integrity includes but is not limited to plagiarism, self-plagiarism, collusion, cheating, contract cheating, and academic misconduct. The Student Academic Integrity Policy and Procedure defines what these terms mean and gives examples.

Why is academic integrity important?

A breach of academic integrity may result in one or more penalties, including suspension or even expulsion from the University. It can also have negative implications for student visas and future enrolment at CQUniversity or elsewhere. Students who engage in contract cheating also risk being blackmailed by contract cheating services.

Where can I get assistance?

For academic advice and guidance, the [Academic Learning Centre \(ALC\)](#) can support you in becoming confident in completing assessments with integrity and of high standard.

What can you do to act with integrity?



Be Honest

If your assessment task is done by someone else, it would be dishonest of you to claim it as your own



Seek Help

If you are not sure about how to cite or reference in essays, reports etc, then seek help from your lecturer, the library or the Academic Learning Centre (ALC)



Produce Original Work

Originality comes from your ability to read widely, think critically, and apply your gained knowledge to address a question or problem