



# BMSC11006 *Food, Nutrition and Health*

## Term 2 - 2019

Profile information current as at 29/04/2024 10:24 pm

All details in this unit profile for BMSC11006 have been officially approved by CQUniversity 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.

### Corrections

### 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 - 2019

- Online
- Rockhampton

#### 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 formal evaluation

##### **Feedback**

More frequent short quizzes rather than two major quizzes is preferred.

##### **Recommendation**

This unit will be redeveloped and the assessment will be modified to address the learning outcomes. If possible, more frequent online quizzes will be considered in the redevelopment of the assessments.

#### Feedback from Student formal evaluation

##### **Feedback**

Textbook resource provided is outdated.

##### **Recommendation**

A new textbook will be introduced as recommended reading for this unit. Also, updated materials from Australian Bureau of Statistics, National Health and Medical Research Council and other reliable resources will be included.

#### Feedback from Student formal evaluation

##### **Feedback**

Assessment guide and essay writing lectures and templates were very helpful for the first year students.

##### **Recommendation**

Continue to provide clear and detailed assessment guides, templates and essay writing lectures and notes.

## 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			•	•	•	•	•
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

There are no required textbooks.

### 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](mailto:s.khalesi@cqu.edu.au)

## Schedule

### Week 1 - 15 Jul 2019

Module/Topic	Chapter	Events and Submissions/Topic
1 - Orientation and Introduction		• ISL Zoom tutorial (details will be provided in the unit Moodle page)

### Week 2 - 22 Jul 2019

Module/Topic	Chapter	Events and Submissions/Topic
2 - People & their environment	Chapter 1 - Australia's Food & Nutrition • Australia's Food & Nutrition, 2012 is a free publication by Australian Institute of Health and Welfare that <a href="#">can be downloaded here</a> . The link to the download page and additional reading materials are also provided in the Term Specific Information and on the unit Moodle page.	

### Week 3 - 29 Jul 2019

Module/Topic	Chapter	Events and Submissions/Topic
3 - The global food system	Chapter 2 - Australia's Food & Nutrition	• ISL Zoom tutorial (details will be provided in the unit Moodle page)

### Week 4 - 05 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic
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- ISL Zoom tutorial (details will be provided in the unit Moodle page)
- Group allocations will be provided
- Commence contributions to small group discussion forums (formative component of written assessment task)

#### Week 5 - 12 Aug 2019

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

#### Vacation Week - 19 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic
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#### Week 6 - 26 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic
6 - Food selection	Chapter 5 - Australia's Food & Nutrition	<ul style="list-style-type: none"> <li>• ISL Zoom tutorial (details will be provided in the unit Moodle page)</li> <li>• Continue contributions to small group discussion forums (formative component of written assessment task)</li> </ul>

#### Week 7 - 02 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
7 - Food waste	Chapter 6 - Australia's Food & Nutrition	<ul style="list-style-type: none"> <li>• <b>Online test #1</b> (opens 9.00 am Monday 2nd September, Week 7, and closes 5.00 pm Friday 11th October, Week 12)</li> <li>• <b>Group discussion forums will close Friday 6th September, 5 pm AEST.</b> After this no more contributions will be allowed but group space will remain accessible.</li> </ul>

#### Week 8 - 09 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
8 - Food & nutrient intakes - Part 1	Chapter 7 - Australia's Food & Nutrition	<ul style="list-style-type: none"> <li>• ISL Zoom tutorial (details will be provided in the unit Moodle page)</li> </ul>

#### Week 9 - 16 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
9 - Food & nutrient intakes - Part 2	Chapter 7 - Australia's Food & Nutrition	<ul style="list-style-type: none"> <li>• <b>Online test #2</b> (opens 9.00 am Monday 16th September, Week 9, closes 5.00 pm Friday 11th October, Week 12)</li> </ul>

#### Week 10 - 23 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
10 - Nutritional status & health	Chapter 8 - Australia's Food & Nutrition	<ul style="list-style-type: none"> <li>• ISL Zoom tutorial (details will be provided in the unit Moodle page)</li> </ul>

#### Week 11 - 30 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
11 - Monitoring & surveillance	Chapter 9 - Australia's Food & Nutrition	<ul style="list-style-type: none"> <li>• ISL Zoom tutorial (details will be provided in the unit Moodle page)</li> </ul> <p><b>Written Assessment</b> Due: Week 11 Friday (4 Oct 2019) 5:00 pm AEST</p>

## Week 12 - 07 Oct 2019

Module/Topic	Chapter	Events and Submissions/Topic
No lecture this week.		<b>Online Test</b> Due: Week 12 Friday (11 Oct 2019) 5:00 pm AEST

## Review/Exam Week - 14 Oct 2019

Module/Topic	Chapter	Events and Submissions/Topic
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## Exam Week - 21 Oct 2019

Module/Topic	Chapter	Events and Submissions/Topic
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## Term Specific Information

This unit coordinator is Dr Saman Khalesi. The best way to contact him is via email at: [s.khalesi@cqu.edu.au](mailto:s.khalesi@cqu.edu.au). His office is located on Level 8, Room 8.12, CQU, Brisbane City campus and his phone number is 07 30234153. If you have any questions regarding your assessment tasks or unit related questions which are not of a personal nature please post your question in the Q & A forum on the unit Moodle page. Otherwise, please email him (or call, but email is preferred since he is often in meetings, classes or in the lab) if you need to discuss any queries which are of a professional nature.

This unit is a 6 credit point unit. You are expected to spend around 12 hours of time each week towards it. This unit has two assessments: assessment one includes two (2) online tests worth 50% of your mark, and assessment two (2) includes group discussion and writing an essay and report and it worth 50% of your mark. This unit is graded and you are expected to obtain at least 50% of each assessment to pass the unit. Lecture(s), reading materials and guidelines will be provided on the unit Moodle page. Tutorials will be offered as ISL Zoom sessions in some weeks (please see the weekly scheduled, further details will be provided on the unit Moodle page). These tutorials will be recorded for those unable to attend. We will discuss weekly learning activities (available in your Learning Guide on the unit Moodle page) and assessment requirements. The learning material source for this unit is the Australia's Food & Nutrition, 2012. It a free publication by Australian Institute of Health and Welfare. There is NO FEE related to downloading and using this publication and it can be easily downloaded here:

<https://www.aihw.gov.au/reports/food-nutrition/australias-food-nutrition-2012/contents/table-of-contents>. Additional reading materials and updates will be provided weekly via the unit Moodle page.

## Assessment Tasks

### 1 Online Test

#### Assessment Type

Online Test

#### Task Description

Understanding the concepts of food habits, environment, production and systems that influence our food selection and food waste, and our current nutritional intake and related health status is fundamental to many health professions. This assessment task includes a total of **two (2) online tests**, to assess your understanding of learning materials of week two (2) to week eleven (11).

- You will be allowed **only one (1) attempt** at each test.
- **Final mark for this task will be calculated out of 50.** You are **required to obtain at least 50% of final marks for this assessment task**, in order to pass the unit.
- **Test 1** will:
  - include **40 questions** and assesses learning from **weeks 2, 3, 4, 5, 6 & 7**.
  - **open in week seven (7)** and **close Friday of week twelve (12)**.
  - have a time limit of **90 minutes** (one and half hours), and **contribute 20% to your final mark** for this task.
- **Test 2** will:
  - include **60 questions**, and assesses learning from **weeks 8, 9,10 & 11**.
  - **open in week nine (9)**, and **close Friday of week twelve (12)**.
  - have a time limit of **120 minutes** (two hours), and **contribute 30% to your final mark** for this task.

- In the absence of an approved extension, there will be no opportunity to complete the task after the close dates.

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

### Assessment Due Date

Week 12 Friday (11 Oct 2019) 5:00 pm AEST

Test 1 will be available on Monday of Week seven (7) and Test 2 will be available on Monday of Week nine (9). They will both close on Friday of Week twelve (12) at 5 pm AEST..

### 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

You are required to obtain at least 50% of allocated marks from both tests combined 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

You will 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

As consumers and providers of healthcare and/or health services (in whichever field/discipline or context) we are often asked to provide advice and/or share our opinions. In our current societies, we are regularly bombarded with food and nutrition-related information from a range of sources and this information, which may or may not be based on scientific evidence. In this assessment, you will have the opportunity to debate topics with other in an appropriate manner and explore the scientific literature to support or dispute your arguments and increase your knowledge.

This assessment **includes two (2) parts**. You must complete BOTH parts of this task.

**Part 1 - Group discussions** (formative only - but your contribution is necessary in order to complete Part 2)

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 the unit Moodle page. Each group space will include a discussion forum (asynchronous) in which you should contribute your discussions.
- Required to **contribute discussions (initial and follow-up)** regarding one or more of the following topics:
  1. Food labeling and food marketing in Australia (e.g. Your understanding of food labels, misdirection from marketing; television advertising etc);
  2. Food-borne illnesses and the pathogens which cause them; and
  3. Measurement of human health (eg. Body Mass Index, waist circumference, chemical analysis of blood,



tissue, urine, faeces etc).

- Required to **complete your group discussions by Friday of Week 7, 5pm**. You will not be allowed to contribute any new discussions to your group forum after this date.
- 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 (250 - 350 words excluding references); and at least two (2) follow-up contributions** (Please see additional details in the unit Assessment Guide).

## **Part 2 - Essay & Report (50%)**

To complete this part, you are required to develop a written assessment that includes: A) an essay, B) a brief report, and submit in a single document by **Friday of Week 11, 5:00pm**.

### **A) for the Essay section:**

Based on your group discussions you are required to conduct research **on one (1) of the three (3) topics discussed** in your group and develop an **essay (1500 +/-10% words)** 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;
- A conclusion which summarises your research and findings; and
- A reference list of at least five (5) reliable/scientific sources used in the essay.

### **B) for the report section:**

You are required to write a **brief report (500 +/-10% words)** on your group discussion that includes:

- A copy of your initial posting to the group discussion;
- A brief summary of the follow-up discussions you contributed to the group discussion and at least one (1) reliable/scientific source of evidence you used to support your contribution; and
- A statement that clearly describes the direction of discussion held by your group and their overall agreement and disagreement regarding the topics.

You are required to use the essay and report template provided for the Written Assessment. This template, marking rubric, and additional details for this task are available on the unit Moodle page.

## **Assessment Due Date**

Week 11 Friday (4 Oct 2019) 5:00 pm AEST

Friday of Week 7 is the last day for contribution to discussion forum (Part 1). Friday of Week 11 is the due date to submit Written Assessment (Part 2).

## **Return Date to Students**

Results of this assessment task will not be released until grades are finalized at the end of the term.

## **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 - This part is formative only but contributions are necessary to complete Part 2.

Part 2 - Marks for the Written Assessment will be awarded according to the **marking rubric** included in the unit Assessment Guide. Accordingly, your Written Assessment will be marked on:

- Clarity of topic, direction, aim and background information provided in the introduction;
- Relevance of information and evidence, clarity and direction of discussion and relevance to the health of Australians provided in the body;
- Accuracy and clarity of conclusion and implication of findings;
- Presence and relevance of initial contribution, summary of follow-ups and statement of group perception and agreement; and
- Accuracy and consistency of references and presentation.

**Feedback:** The marking rubric includes criteria to help identify your weaknesses and strengths. A general feedback and suggestions to improve performance will also be provided. If you require additional feedback for this task, you should contact the unit coordinator.

**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