



BMSC11006 Food, Nutrition and Health

Term 2 - 2020

Profile information current as at 23/04/2024 07:52 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 you to develop your understanding of food and nutrition and the health of Australians. This unit has a focus on food and nutrition systems in Australia, the development of nutrition-related diseases/conditions, and contemporary issues related to food security and environmental sustainability. In addition, the role of food and nutrition in health and the range of factors that influence food choices, nutrition behaviours and health, will be considered from a medical science perspective. Future medical scientists, educators, policy makers and consumers of food may benefit from this unit through broad exploration of the interrelationships between 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 - 2020

- 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: 20%

2. **Group Discussion**

Weighting: 30%

3. **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 information on working effectively on group tasks and deadlines for group contributions requested.

Recommendation

Assessment requirements, deadlines for contribution to group work and guidelines to work effectively in groups will be provided in more detail.

Feedback from Student formal evaluation

Feedback

Additional reading materials and online resources were great addition to the lectures to help learning from real-life examples.

Recommendation

Updated additional online resources and recommended reading materials will continue to be provided.

Unit Learning Outcomes

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

1. Describe food system and security; and factors influencing food supply and intake in Australia
2. Relate the role of food and nutrients to human health and wellbeing from a medical science perspective
3. Discuss common nutrition-related conditions from a medical science perspective.

Alignment of Learning Outcomes, Assessment and Graduate Attributes



Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes		
	1	2	3
1 - Online Test - 20%		•	
2 - Group Discussion - 30%	•		•
3 - Written Assessment - 50%	•	•	•

Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes		
	1	2	3
1 - Communication	•		•

Graduate Attributes	Learning Outcomes		
	1	2	3
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 - 20%				•		•				
2 - Group Discussion - 30%	•			•			•			
3 - 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)
- ZOOM

Referencing Style

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

- [Harvard \(author-date\)](#)
- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

For further information, see the Assessment Tasks.

Teaching Contacts

Kelly McGrath Unit Coordinator
k.inglis@cqu.edu.au

Schedule

Week 1 - 13 Jul 2020

Module/Topic	Chapter	Events and Submissions/Topic
1 - Orientation and Introduction		Online Zoom Tutorial (details of day & time will be available on the unit Moodle page)

Week 2 - 20 Jul 2020

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 The Australian Institute of Health and Welfare that can be downloaded here . 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 - 27 Jul 2020

Module/Topic	Chapter	Events and Submissions/Topic
3 - The global food system	Chapter 2 - Australia's Food & Nutrition	Online Zoom Tutorial (details of day & time will be available on the unit Moodle page)

Week 4 - 03 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
4 - The policy environment	Chapter 3 - Australia's Food & Nutrition	Group allocations will be provided after census date Commence contributions to small group discussion forums

Week 5 - 10 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
5 - Food production	Chapter 4 - Australia's Food & Nutrition	Online Zoom Tutorial (details of day & time will be available on the unit Moodle page) Continue contributions to small group discussion forums

Vacation Week - 17 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
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Week 6 - 24 Aug 2020		
Module/Topic	Chapter	Events and Submissions/Topic
6 - Food selection	Chapter 5 - Australia's Food & Nutrition	Continue contributions to small group discussion forums
Week 7 - 31 Aug 2020		
Module/Topic	Chapter	Events and Submissions/Topic
7 - Food waste	Chapter 6 - Australia's Food & Nutrition	<p>Online Zoom Tutorial (details of day & time will be available on the unit Moodle page)</p> <p>Group discussion forums will close Friday 4th September, 5.00pm. After this no more contributions will be allowed but the group space will remain accessible.</p> <p>Online Quiz #1 (FORMATIVE QUIZ ONLY) (opens 9.00 am Monday 31st August, Week 7, and closes 5.00 pm Friday 18th September, Week 9)</p>
Week 8 - 07 Sep 2020		
Module/Topic	Chapter	Events and Submissions/Topic
8 - Food & nutrient intakes - Part 1	Chapter 7 - Australia's Food & Nutrition	<p>GROUP DISCUSSION & REPORT Due: Week 8 Friday (11 Sept 2020) 5:00 pm AEST</p>
Week 9 - 14 Sep 2020		
Module/Topic	Chapter	Events and Submissions/Topic
9 - Food & nutrient intakes - Part 2	Chapter 7 - Australia's Food & Nutrition	<p>Online Zoom Tutorial (details of day & time will be available on the unit Moodle page)</p> <p>Online Quiz #2 (opens 9.00 am Monday 14th September, Week 9, closes 5.00 pm Friday 9th October, Week 12)</p>
Week 10 - 21 Sep 2020		
Module/Topic	Chapter	Events and Submissions/Topic
10 - Nutritional status & health	Chapter 8 - Australia's Food & Nutrition	
Week 11 - 28 Sep 2020		
Module/Topic	Chapter	Events and Submissions/Topic
11 - Monitoring & surveillance	Chapter 9 - Australia's Food & Nutrition	<p>Online Zoom Tutorial (details of day & time will be available on the unit Moodle page)</p> <p>WRITTEN ASSESSMENT Due: Week 11 Friday (2 Oct 2020) 5:00 pm AEST</p>
Week 12 - 05 Oct 2020		
Module/Topic	Chapter	Events and Submissions/Topic
No lecture this week.		ONLINE QUIZ Due: Week 12 Friday (9 Oct 2020) 5:00 pm AEST
Review/Exam Week - 12 Oct 2020		
Module/Topic	Chapter	Events and Submissions/Topic
Exam Week - 19 Oct 2020		
Module/Topic	Chapter	Events and Submissions/Topic

Term Specific Information

Your Unit Coordinator and Lecturer this term is: Mrs. Kelly McGrath. You may contact Kelly via the Moodle site forums OR via email: k.inglis@cqu.edu.au

Tutorial sessions:

Throughout the term, Zoom tutorial sessions will be held online in weeks 1, 3, 5, 7, 9 & 11. These sessions will provide all students with the opportunity to ask questions of the lecturer/tutor and the explore the weekly learning activities included in the unit Learning Guide. Each tutorial will cover the content from the previous two weeks. All Zoom sessions will be recorded so if you are unable to 'attend' on the day, you may view the session online at a time suitable to you. Links to these sessions (and the recordings) will be included on the unit Moodle site. In addition to scheduled weekly tutorials, additional tutorials for detailed discussion of each assessment task will be scheduled throughout the term. If you have never used Zoom before or require assistance, please review the Zoom information provided in Moodle Help for Students in the Support menu on Moodle.

Weekly email Updates:

At the start of each week students will receive an email from the unit coordinator providing explanation of the activities and learning topics ahead in the week as well as assessment reminders. A brief list of these activities and events will also be posted on the front page of the unit Moodle site. NOTE: These messages will be loaded on Monday mornings and emailed to your cqumail address.

Unit Learning Guide:

A unit Learning Guide has been developed specifically for this unit. This Learning Guide outlines key weekly learning areas, readings and activities to guide and support your learning. For each of the weekly topics included in the Learning Guide you should:

- Read through the specified pages of your textbook and any additional resources provided, and complete the activities as listed. NOTE: Activities included in the Learning Guide will be discussed and explored during the weekly tutorials and do NOT need to be submitted.
- Review the online lecture and tutorial recording/s relevant to that week.

Communications:

Throughout the term, all NON-PERSONAL communications between students and the Unit Coordinator (for example, questions relating to assessment tasks, due dates, learning activities etc) must be held via the relevant forums in the unit Moodle site. Any PERSONAL communications (personal illness, life events) should be held with the Unit Coordinator via email or telephone. All emails must include your name, contact details, the unit code and a brief message that clearly outlines your question/communication.

All requests for extensions on assessment task due dates, must be made via the Assessment Extension Request (AER) system in Moodle.

Group Work:

Discussion of nutrition topics is integral to developing appreciation and understanding of the depth and breadth of nutrition issues in our populations. Open discussion is important; however, we expect that you will ALWAYS weigh up the 'evidence' and respect the right of every individual to have an opinion (which may be different to your own). Please respect your fellow peers and do not use harsh language. As an active participant in this unit, it is important that you communicate in a professional manner at all times.

Assessment Tasks

1 ONLINE QUIZ

Assessment Type

Online Test

Task Description

Understanding the concepts of food habits, environment, production and systems that influence our food selection, food waste, and our current nutritional intake and related health status is fundamental to many health professions. This assessment task includes a formative online quiz and a final online quiz to assess your understanding of learning materials of week two (2) to week eleven (11). Online Quiz #1 is formative only and does not contribute to the unit grade. Online Quiz #2 is compulsory, and contributes 20% of the unit grade.

ONLINE QUIZ #1

Online Quiz #1 is formative only, meaning that it does not contribute to your final unit grade. This test is designed for you to assess your own learning and to prepare you for the format of Online Quiz #2. You may attempt this formative quiz as many times as you like. Completing Online Quiz #1 is not compulsory, but highly encouraged.

Online Quiz #1 will:

- include 20 questions and assess learning from weeks 2, 3, 4, 5, 6 & 7.
- open on the Monday of week seven (7) and close Friday of week nine (9).
- have a time limit of 45 minutes.

ONLINE QUIZ #2

Online Quiz #2 is COMPULSORY and is worth 20% of your unit grade. **You will only have one (1) attempt at this test.**

The final mark for this task will be calculated out of 40 marks. This mark will then be converted to a percentage to reflect the weighting of the assessment item. You are required to obtain at least 50% of the available marks for this assessment task in order to pass the unit.

Online Quiz #2 will:

- include 40 questions, and assess learning from weeks 8, 9,10 & 11.
- open on the Monday of week nine (9), and close Friday of week twelve (12).
- have a time limit of 90 minutes (one and half hours)

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 quizzes will be provided in the unit Learning Guide and Moodle site.

Assessment Due Date

Week 12 Friday (9 Oct 2020) 5:00 pm AEST

Online Quiz #1 will be available from 9.00am on the Monday of Week 7 and will close at 5.00pm on the Friday of Week 9. Online Quiz #2 will be available from 9.00am on the Monday of Week 9 and will close at 5.00pm on the Friday of Week 12.

Return Date to Students

Marks for Online Quiz #1 will be available to students immediately upon completion of the quiz. Marks for Online Quiz #2 will be available when the quiz closes at 5.00pm on the Friday of Week 12 (October 9th).

Weighting

20%

Minimum mark or grade

You 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

- [Harvard \(author-date\)](#)
- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

Submission

Online

Learning Outcomes Assessed

- Relate the role of food and nutrients to human health and wellbeing from a medical science perspective

Graduate Attributes

- Information Literacy
- Information Technology Competence

2 GROUP DISCUSSION & REPORT

Assessment Type

Group Discussion

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 may or may not be based on scientific evidence. In this assessment, you will have the opportunity to debate topics with others in an appropriate manner and explore the scientific literature to support or dispute your arguments and increase your knowledge.

Group Discussions

Group Discussions are formative only. However, your contribution is necessary in order to complete a Group Report. After Census Date in Week 4, you will be randomly allocated to a group (6-8 students per group). Each group will be provided with an online group space on the unit Moodle page. Each group space will include a discussion forum in which

you should contribute your discussions.

Each student is required to contribute discussions (initial and follow-up) regarding 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).

Students are required to complete group discussions by Friday of Week 7 at 5.00pm. You will not be allowed to contribute any new discussions to your group forum after this date.

To complete this assessment, students are expected to:

- Contribute (as a minimum) one (1) initial forum contribution (250 - 350 words excluding references) ON EACH OF THE THREE DISCUSSION TOPICS listed above
- Contribute at least two (2) follow-up contributions to any of the discussion topics listed above (Please see additional details in the unit Assessment Guide).

Discussion of nutrition topics is integral to understanding and communicating the depth and breadth of nutrition issues in different populations. Open discussion is important. However, it is expected that you will ALWAYS weigh up the evidence (from reputable sources only), and respect the right of every student to have an opinion, even if it differs from your own. Please respect your fellow peers and always maintain a polite, respectful dialogue, and communicate in a professional manner at all times. Please refer to Working in a Group in the unit Assessment Guide for more information on working effectively in the group discussions.

For the Group Discussions, you are required to write a brief report (1000-1200 +/-10% words) on your group discussion that includes:

- A copy of your three (3) initial posts 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 about your group's overall agreement and disagreement regarding the topics

You are required to use the report template provided for the Written Assessment. This template is available on the unit Moodle page.

Assessment Due Date

Week 8 Friday (11 Sept 2020) 5:00 pm AEST

Return Date to Students

Week 10 Friday (25 Sept 2020)

Weighting

30%

Assessment Criteria

The report template, marking rubric, and additional details for this task are available on the unit Moodle page.

Referencing Style

- [Harvard \(author-date\)](#)
- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

Submission

Online

Submission Instructions

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

Learning Outcomes Assessed

- Describe food system and security; and factors influencing food supply and intake in Australia
- Discuss common nutrition-related conditions from a medical science perspective.

Graduate Attributes

- Communication
- Information Literacy
- Cross Cultural Competence

3 WRITTEN ASSESSMENT

Assessment Type

Written Assessment

Task Description

Based on your group discussions you are required to conduct research on one (1) of the three (3) topics discussed in your group:

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).

You are then required to develop an essay (2000 +/-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.

You are required to use the report template provided for the Written Assessment. This template is available on the unit Moodle page.

Assessment Due Date

Week 11 Friday (2 Oct 2020) 5:00 pm AEST

Return Date to Students**Weighting**

50%

Minimum mark or grade

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

Assessment Criteria

The essay template, marking rubric, and additional details for this task are available on the unit Moodle page.

Referencing Style

- [Harvard \(author-date\)](#)
- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

Submission

Online

Learning Outcomes Assessed

- Describe food system and security; and factors influencing food supply and intake in Australia
- Relate the role of food and nutrients to human health and wellbeing from a medical science perspective
- Discuss common nutrition-related conditions from a medical science perspective.

Graduate Attributes

- Communication
- Critical Thinking
- Information Literacy
- Ethical practice

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