



BMSC11006 Food, Nutrition and Health

Term 2 - 2023

Profile information current as at 20/04/2024 03:24 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 - 2023

- 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 SUTE Unit Comments

Feedback

Additional learning resources and assessments were helpful.

Recommendation

Continue to offer updated resources, learning materials and clear and engaging assignments.

Feedback from SUTE Unit Comments

Feedback

Some questions in the online quizzes were very difficult to answer.

Recommendation

Review and if needed revise the online quizzes.

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

BMSC11006

Prescribed

Australia's Food & Nutrition 2012 Report by the Australian Institute of Health and Welfare.

Australian Institute of Health and Welfare

Binding: Website Link

Additional Textbook Information

You can access, download, and save the report, for free. the link will be provided on the unit's Moodle page. This report is the only comprehensive governmental report on Australia's food and nutrition system that is freely available.

Throughout the term, you will be directed to additional reading materials, articles and resources to complement the textbook and provide updated information when necessary.

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

Saman Khalesi Unit Coordinator

s.khalesi@cqu.edu.au

Schedule

Week 1 - 10 Jul 2023

Module/Topic	Chapter	Events and Submissions/Topic
People & their environment	Chapter 1 - Australia's Food & Nutrition & additional reading materials	Online Zoom Tutorial (details of day & time will be available on the unit Moodle page)

Week 2 - 17 Jul 2023

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

Week 3 - 24 Jul 2023

Module/Topic	Chapter	Events and Submissions/Topic
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The policy environment	Chapter 3 - Australia's Food & Nutrition & additional reading materials	Online Zoom Tutorial (details of day & time will be available on the unit Moodle page)
Week 4 - 31 Jul 2023		
Module/Topic	Chapter	Events and Submissions/Topic
Food production	Chapter 4 - Australia's Food & Nutrition & additional reading materials	Online Zoom Tutorial (details of day & time will be available on the unit Moodle page) Group allocations will be provided after census date Commence contributions to small group discussion forums
Week 5 - 07 Aug 2023		
Module/Topic	Chapter	Events and Submissions/Topic
Food selection	Chapter 5 - Australia's Food & Nutrition & additional reading materials	Online Zoom Tutorial (details of day & time will be available on the unit Moodle page) Continue contributions to small group discussion forums
Vacation Week - 14 Aug 2023		
Module/Topic	Chapter	Events and Submissions/Topic
Week 6 - 21 Aug 2023		
Module/Topic	Chapter	Events and Submissions/Topic
Food waste	Chapter 7 - Australia's Food & Nutrition & additional reading materials	Online Zoom Tutorial (details of day & time will be available on the unit Moodle page) Continue contributions to small group discussion forums Online Quiz 1 opens Monday of Week 6
Week 7 - 28 Aug 2023		
Module/Topic	Chapter	Events and Submissions/Topic
Food & nutrient intakes - Part 1	Chapter 7 - Australia's Food & Nutrition & additional reading materials	Online Zoom Tutorial (details of day & time will be available on the unit Moodle page) <u>Group discussion forum closes Friday of Week 7, at 5.00pm AEST.</u> After this, no more contributions will be allowed but the group space will remain accessible.
Week 8 - 04 Sep 2023		
Module/Topic	Chapter	Events and Submissions/Topic
Food & nutrient intakes - Part 2	Chapter 7 - Australia's Food & Nutrition & additional reading materials	Online Zoom Tutorial (details of day & time will be available on the unit Moodle page) Online Quiz 1 closes Monday of Week 8 GROUP DISCUSSION AND REPORT Due: Week 8 Friday (8 Sept 2023) 5:00 pm AEST
Week 9 - 11 Sep 2023		
Module/Topic	Chapter	Events and Submissions/Topic
Nutritional status & health	Chapter 8 - Australia's Food & Nutrition & additional reading materials	Online Zoom Tutorial (details of day & time will be available on the unit Moodle page)

Week 10 - 18 Sep 2023

Module/Topic	Chapter	Events and Submissions/Topic
Monitoring & surveillance	Chapter 9 - Australia's Food & Nutrition & additional reading materials	Online Zoom Tutorial (details of day & time will be available on the unit Moodle page) Online Quiz 2 opens Friday of Week 10 Essay Due: Week 10 Friday (22 Sept 2023) 5:00 pm AEST

Week 11 - 25 Sep 2023

Module/Topic	Chapter	Events and Submissions/Topic
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Week 12 - 02 Oct 2023

Module/Topic	Chapter	Events and Submissions/Topic
		Online Quiz 2 closes on Friday of Week 12

Review/Exam Week - 09 Oct 2023

Module/Topic	Chapter	Events and Submissions/Topic
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Exam Week - 16 Oct 2023

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

Your Unit Coordinator and Lecturer this term is Dr Saman Khalesi. He can be contacted via the Unit Moodle forum or via email (s.khalesi@cqu.edu.au). His office is located on Level 21, Room 21.08, CQUniversity, Brisbane City campus and his phone number is 07 30234153.

Lectures:

Lectures for this unit are developed by our Nutrition Teaching team. It is based on Australia's Food & Nutrition, 2012 report by the Australian Institute of Health and Welfare. This report is the only comprehensive governmental report on Australia's food and nutrition system freely available and [can be downloaded here](#). Throughout the term, you will also receive additional reading materials and resources to complement Australia's Food & Nutrition document and further your learning. Links to all documents and resources required for this unit will be provided on the unit Moodle page.

Tutorials:

Throughout the term, Zoom tutorial sessions will be held weekly. These sessions will provide all students with the opportunity to ask questions of the lecturer/tutor and explore the weekly learning activities included in the unit Learning Guide. Each tutorial will cover the content from the previous week. 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. 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 learning activities:

The weekly learning activities outline readings and activities to guide and support your learning. For each you should:

- Read through the specified pages of the text and any additional resources provided, and complete the activities as listed. NOTE: weekly activities will be discussed and explored during the weekly tutorials and do NOT need to be submitted.
- Review the online lecture materials 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 on the unit Moodle page. 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.

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, waste, and our nutritional intake and health, is fundamental to many health professions. This assessment task includes two online quizzes to assess your understanding of the learning materials from week one (1) to week ten (10).

ONLINE QUIZ #1:

- is COMPULSORY
- contributes 5% to your unit mark.
- Includes 15 questions and assesses learning from weeks 1, 2, 3, 4, 5 & 6.
- Has a time limit of 30 minutes.

Note: you will only have **one (1) attempt** at this quiz.

ONLINE QUIZ #2:

- is COMPULSORY
- contributes 15% to your unit mark.
- Includes 45 questions, and assesses learning from weeks 7, 8, 9 & 10.
- Has a time limit of 90 minutes.

Note: you will only have **one (1) attempt** at this quiz.

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 on the unit Moodle page.

Assessment Due Date

Online Quiz #1 will be available from 9.00am AEST on the Monday (21 August) of Week 6 and will close at 9.00am AEST on the Monday (4 September) of Week 8. Online Quiz #2 will be available from 9.00am AEST on the Friday (22 September) of Week 10 and will close at 9.00am AEST on the Friday (6 October) of Week 12.

Return Date to Students

Marks for Online Quiz #1 will be available when the quiz closes at 9.00am AEST on Monday of Week 8. Marks for Online Quiz #2 will be available when the quiz closes at 9.00am AEST on Friday of Week 12.

Weighting

20%

Minimum mark or grade

50%

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 AND 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 of food, nutrition and health.

Group Allocation

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

Individual Contribution to Group Discussions

For this task, you are required to actively contribute to learning within your allocated group, by posting answers and written discussions of your experiences and knowledge of key topics (as outlined below):

1. Food trends (organic, plant-based, sustainable, etc) and their impact on supply, waste and nutritional intake,
2. Food insecurity - what is it?, and how does it influence on nutrition-related diseases?; and
3. Factors influencing food supply at global and national levels and how supply influences our food choices and risk of nutrition-related diseases.

You are expected to contribute at least:

- Three (3) initial forum contributions, one (1) on EACH OF THE THREE DISCUSSION TOPICS listed above (250 - 350 words each excluding references)
- Two (2) follow-up contributions (no word limits) to any of the discussion topics listed above (Please see additional details in the unit Assessment Guide).

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.

Marking

Each student will complete and submit an INDIVIDUAL report of the discussions had by your group **by the end of week 8**. The report will be approximately 1100-1600 words (and may be longer depending on the length and frequency of your contributions to the group discussions). Your report should include:

- A copy of your three (3) initial posts (250 - 350 words each) to the group discussion;
- A brief summary (250 - 350 words) of the follow-up discussions you contributed to the group discussion in addition to at least one (1) reliable/scientific source of evidence (not included in the word count) you used to support your contribution; and
- A statement about your group's overall agreement and disagreement (100 - 200 words) regarding the topics

You are required to **complete the report template** provided on the unit Moodle page.

Assessment Due Date

Week 8 Friday (8 Sept 2023) 5:00 pm AEST

Return Date to Students

Week 10 Friday (22 Sept 2023)

Weighting

30%

Minimum mark or grade

50%

Assessment Criteria

Your report will be assessed using a detailed marking rubric available on the Moodle page. The marking criteria include:

- Relevance and accuracy of initial contributions
- Clarity of the summary of follow-up contributions and the statement about the group's overall agreement and disagreement
- Writing fluency, referencing, structure, grammar and submission requirements

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
- Discuss common nutrition-related conditions from a medical science perspective.

Graduate Attributes

- Communication
- Information Literacy
- Cross Cultural Competence

3 Essay

Assessment Type

Written Assessment

Task Description

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

1. Food trends (organic, plant-based, sustainable, etc) and their impact on supply, waste and nutritional intake, OR
2. Food insecurity – what is it, and how does it influence on nutrition-related diseases?; OR
3. Factors influencing food supply at global and national levels and how supply influences our food choices and risk of nutrition-related diseases.

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 that discusses current understanding, practices, evidence and/or statistics related to these issues/topics in Australia (and at the global level where applicable);
- A conclusion that 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 **complete the essay template** provided on the unit Moodle page.

Assessment Due Date

Week 10 Friday (22 Sept 2023) 5:00 pm AEST

Return Date to Students

Review/Exam Week Friday (13 Oct 2023)

Weighting

50%

Minimum mark or grade

50%

Assessment Criteria

Your essay will be assessed using a detailed marking rubric available on the Moodle page. The marking criteria include:

- Clarity and accuracy of the introduction, background, aim and direction of the essay
- Accuracy, relevance and flow of information and evidence discussed
- Clarity and relevance of conclusion and implication statement
- Referencing, structure, grammar and submission requirements

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