Aim: To provide an introduction to food and nutrition concepts and an understanding of current nutrition issues. Nutrition is examined in the context of people’s food choices and factors that affect food safety.

Calendar: An examination of the effects of social, cultural and psychological factors on food habits; a brief study of the composition of foodstuffs and the basic principles of digestion, physiology and human nutrition; an introduction to the theory of food preservation and to microbiological, chemical and physical reactions causing deterioration of food. Emphasis will be given to topics of current interest.

Learning Outcomes:
On successful completion a student should have

- Working knowledge of nutrition concepts, including the role of nutrients in the body and the foods sources of those nutrients.
- Working knowledge of current nutrition issues.
- Working knowledge of the New Zealand diet and the role of foods in nutrient provision, including variation in food intake and nutritional needs of population subgroups.
- Awareness of the factors which influence food choice, and how they influence nutritional status
- Working knowledge of safe food handling practices
- Ability to apply nutrition concepts to their own diet

Pre-requisites and co-requisites
None
Follow-On Studies
Applied Nutrition Issues (214.231)
Food Choice and Nutrition Promotion (214.331)

Assessment:
Three hour final examination consisting of short answer and essay questions (35%).

Terms Test: course material covered to date (25%)

Assignment 1: analysis of diet and discussion of the results of that analysis in light of dietary recommendations. (15%).

Assignment 2: application of nutrition to topic of current interest and presentation (15%)

Journal / scrapbook - nutrition in the news (10%)

Requirements to successfully complete the paper
1. Submit written assignments
2. Complete terms test
3. Attend final examination (unless aegrotat application made)

Learning Programme and Schedule:
Outline attached

Conditions for Aegrotat Pass and Impaired Performance:
If you are prevented by illness, injury or serious crisis from attending an examination (or completing and element of assessment by the due date), or if you consider that your performance has been seriously impaired by such circumstances, you may apply for aegrotat or impaired performance consideration. You must apply on the form available from the Examinations Office, the Student Health Service or the Student Counseling Service. To qualify for an aegrotat pass on your final examination your performance in other elements of assessment must be well above the minimum pass standard.

Student Time Budget
Lectures/workshops (4 hrs/wk) 52
Assignment one 20
Assignment two 25
Personal study and reading (3 hours/wk) 39
Revision test & exam 30

Total 166

Requirements to complete the paper
Submit all written assignments by due date
Complete terms test and final exam

Late reports will be accepted only if the Paper Coordinator has been informed of the problem prior to the deadline for the assignment.
Textbook and other recommended reading:

Textbooks
Food and Nutrition, Mark L Wahlqvist
The Science of Nutrition - Janice L Thompson, Melinda M Manore, Linda A Vaughan

Additional References

Timetable: Lectures:
Thursday - 1100 – 1300 NW200
Friday - 1200 – 1400 NW200
Note: A week by week plan is attached

Deadlines and Penalties:

Assignment 1 – 17 August 2009
Assignment 2 - 4 October 2009
Terms test - Friday, 21 August 2009 – 12 – 2 p.m.
Final exam – 3 November, 2009 p.m. TBC

These deadlines may be changed with agreement of the class and paper coordinator.

Late reports will be accepted only if the Paper Coordinator has been informed of the problem prior to the deadline for the assignment. A penalty of 10% of the marks will be deducted for each week (or part there of) that the assignment is late.

Plagiarism:
Massey University, College of Sciences, has taken a firm stance on plagiarism and any form of cheating. Plagiarism is the copying or paraphrasing of another person’s work, whether published or unpublished, without clearly acknowledging it. It includes copying the work of other students. Plagiarism will be penalised; it is likely to lead to loss of marks for that item of assessment and may lead to an automatic failing grade for the paper and/or exclusion from enrolment at the University.

Proposed Feedback and Support for Student Learning:
A turn-around time for assignments will be no more than three weeks from the due date. It is important to note that the specified timeframe applies only to those assignments submitted by the due date, and does not apply to those submitted late. Each assignment will include written comments on areas of weakness and suggestions for improvement. Common problems, if they exist, will be discussed in a handout given to all class members.

Some staff members are not available full time on the Albany campus. If you wish to meet with one of them it is suggested that you make an appointment a week ahead of time. They are accessible by telephone and e-mail and will gladly provide support and assistance when approached.

Grievance Procedures:
A student who claims that he/she has sustained academic disadvantage as a result of the actions of a University staff member should use the University Grievance Procedures. Students, whenever practicable, should in the first instance approach the University staff member concerned. If the grievance is unresolved with the staff member concerned, the student should then contact the College of Sciences office on his/her campus for further information on the procedures, or read the procedures in the University Calendar.
<table>
<thead>
<tr>
<th>Week</th>
<th>Dates</th>
<th>Topic</th>
<th>Lecturer</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>July 16</td>
<td>Introduction/Housekeeping Intro to nutrition as a ‘science’; (food to physiology)</td>
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<td>July 17</td>
<td>An introduction to evidence based nutrition</td>
<td>WS</td>
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<td>Week 2</td>
<td>July 23</td>
<td>Food and Nutrition Guidelines – what are they and how are they established – global models</td>
<td>ES</td>
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<td>July 24</td>
<td>Diet surveys and how to do assignment 1. Using food tables</td>
<td>ES</td>
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<td>Week 3</td>
<td>July 30</td>
<td>Food groups</td>
<td>RK</td>
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<td>July 31</td>
<td>Food groups</td>
<td>RK</td>
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<td>Week 4</td>
<td>Aug 6</td>
<td>Other components of foods- putting it all together</td>
<td>ES</td>
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<td>Aug 7</td>
<td>Global nutrition – health promotion</td>
<td>ES</td>
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<td>Week 5</td>
<td>Aug 13</td>
<td>NZ diet &amp; factors influencing food choice</td>
<td>CC</td>
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<td>Aug 14</td>
<td>NZ diet &amp; choice, including culture [Maori diet, Pacific and immigrant influences]</td>
<td>ES</td>
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<tr>
<td>Week 6</td>
<td>Aug 20</td>
<td>Food and nutrition systems [Assignment 1 due in]</td>
<td>CW</td>
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<td>Aug 21</td>
<td>Terms test (cover wks 1-6)</td>
<td>ES</td>
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**22 AUGUST – 7 SEPTEMBER  MID-SEMESTER BREAK**

| Week 7 | Sept 10      | Food safety and preservation                                           | ES       |
|        | Sept 11      | Food labeling – How to read a label                                    | ES       |
| Week 8 | Sept 17      | Fad diets and weight loss – how to do it properly + energy balance     | KB       |
|        | Sept 18      | Lifecycle Nutrition                                                   | CC       |
| Week 9 | Sept 24      | Lifecycle nutrition                                                   | CC       |
|        | Sept 25      | Fact and fiction of exclusion diets [Assignment 2 due in]              | CC       |
| Week 10| Oct 1        | Presentations by students on nutrition article from scrapbook          | ES       |
|        | Oct 2        | Presentations by students on nutrition article from scrapbook          | ES       |
| Week 11| Oct 8        | Presentations by students on nutrition article from scrapbook          | ES       |
|        | Oct 9        | Poverty and undernutrition / overnutrition / Food security CNS and NNS | ES       |
| Week 12| Oct 15       | Nutrition myths                                                       | ES       |
| Nov 3  | p.m.         | FINAL EXAM                                                            |          |

Note: The exact topics covered each week may change.