



Understanding Food Labels:

1. Provide information to clients on food labelling regulations and practices & the impact on food choice
2. Examine the future directions for food labelling & providing nutrient information to consumers

1. OVERVIEW AND LEARNING OUTCOMES

This course is intended to provide participants with the following general education outcomes:

1. Assess health information relating to food and nutrition
2. Examine and research food labelling laws and practices in Australia
3. Understand health claims on food products
4. Inform clients about health claims on labels
5. Examine the future of food labelling in the food retail/fast food and restaurant sectors
6. Refer clients to accredited professionals when required
 - This course caters for the need for continuing education of the large and diverse fitness and health industry sector
 - This course caters for the overlap in the education of community members about health
 - This course impacts on the ability to provide a service to positively impact on client's physical and mental health through food and eating guidance for health
 - This unit describes the performance outcomes, skills and knowledge required to discuss and guide clients on food and nutritional influences on health in the fitness and health setting
 - It requires the ability to analyse and interpret nutrition and health information from a wide variety of sources including mainstream media and scientific journals
 - The unit applies to the continuing education requirements of personal trainers and health and fitness professionals as governed by national accreditation bodies.

2. COURSE STRUCTURE

ELEMENTS	PERFORMANCE CRITERIA
1. Provide information to clients on food labeling regulations and practices and the impact on food choice	1.1 Present information about food labeling standards in Australia 1.2 Discuss modes of food labeling for different kinds of foods 1.3 Discuss meaning of health claims and health rankings of food products 1.4 Explain how food labeling influences food choice
2. Examine the future directions for food labeling & providing nutrient information to consumers	2.1 Discuss possible directions for food labeling in the future

4. FORMAT AND LEARNING TOOLS

The learning materials include online video presentations, online power point lectures, online supporting course notes, links to further reading/research, activities to complete and quizzes. This course consists of the following learning tools:

- *Recorded presentations*
- *Course manual*
- *Website links*
- *PDF readings*
- *Online Assessment*

Online Presentations

These presentations cover important information about each of the topics and are presented by our specialist nutritionists. Please view the presentations in the provided order and then read the supporting notes in your manual before progressing to the readings, links and assessments.

5. ASSESSMENT

The assessments are provided in the Assessment section of the course and can be completed online. These aim to assess attainment of the Performance Criteria above. Questions are short answer format.

The assessments will be marked and returned to you with feedback to assist your learning.

Upon completion of assessments, you will receive a Certificate of Completion including your CEC or PDP points (as applicable).

6. COURSE INSTRUCTIONS:

1. Use your login details to access the student learning portal. Once logged in, click on your enrolled course. This will take you to the course site where you can access all course materials. You then proceed with the course as follows:
2. View the lecture presentation and take notes as desired
3. Read the Course Workbook in full
4. View all of the website links supplied in the additional readings list
5. Read all PDFs supplied in the additional readings list
6. Complete Assessment tasks within the Assessment section online (not in the workbook)
7. You have 6 months from commencement to submit your assessments.
8. Within 5 working days you will receive feedback and your Certificate of completion (NB. If you require your assessments and certificate to be fast-tracked, please let us know. An additional charge of \$15 will apply for fast-tracking to receive your Certificate in 24hours).

7. SUPPORT:

If you have any questions about this module at any time please contact the course coordinator or tutor as per below. Emails are the best method of communication and will be responded to promptly. Please also refer to our Student Handbook for information on our policies and procedures.