

Nutritional Analysis of Menus

Analyse menus for a variety of health needs.



1. OVERVIEW AND LEARNING OUTCOMES

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

- Assess health information relating to food and nutrition
 - Examine and research nutritional health claims and warnings
 - Debate both sides of nutrition and food and impacts on health
 - Inform clients about nutrition research findings related to health
 - Refer clients to accredited professionals when required
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- *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

Unit code	Unit title	Pre-requisite	Nominal hours
FNHMEN007	<i>Analyse menus for a variety of health needs.</i>	SISFFIT406A Certificate IV in Fitness	50
Total nominal hours			50

Course Content:

Section 1: Meal Modifications

- Recipe Modification
- Nutritional Comparison Summary
 - 1.Weight Management
 - 2.Low Carbohydrate
 - 3.High Protein
 - 4.Low Fat
 - 5.High Fat
 - 6.Atkins
 - 7.Paleo
 - 8.Mediterranean
 - 9.Gluten Free
 - 10.High Antioxidant/Phytochemicals Meals
- Comparison Of Nutrient Profiles From The Various Diets. Based On Spaghetti Bolognese Recipe Modifications

Section 2: Specialised Diets

- Menu Modification For Liquid Diets
- Eating For Endurance Events
- Pre-Event Eating
- Post Event Eating
- Eating For Power And Strength Sports
- Carbohydrate Loading

Section 3: Optimising Nutrition During Cooking

- Optimising Nutrition Quality
- Raw Foods Vs Cooked Foods
- Cooking Times

- Peeling Vegetables
- Frozen And Canned Are Ok
- Eat Seasonally And Local
- Make Your Sauces And Condiments Yourself
- Putting Together A Meal
- Eating In Restaurants
- Storage Of Meals
- Preparation Of Raw Ingredients
- Storage Of Prepared Foods

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:

Online Presentations

There are two online presentations for this course. 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 workbook before progressing to the readings, links and assessments. The presentation slides can be downloaded and printed. Each presentation also has a script to assist you if you have any issues with audio or if you are viewing the presentations in a noisy environment.

Notes/Workbook

There are notes provided for this course. These should be read in full upon completion of viewing the relevant presentation/s.

Additional Readings

The notes provide links to readings and websites that display further information on important and supportive topics covered in this module. The resources are also provided as PDFs where possible. These are located in the resource list for each section of the course in 2 sections: 1/Recommended Website Readings – links to websites for supportive information; 2/Further Recommended Readings – PDFs.

Assessment

There are short-answer written assessments to be submitted upon completion of the course. These are located in your online learning platform. You are required to submit these by inserting your answers, saving a copy for your reference, then click “submit”. The assessments will automatically send to our assessors for marking. You are welcome to discuss these with your lecturer.

5. ASSESSMENT

The above assessments are provided in the Assessment section of the course. These aim to assess attainment of the following Performance Criteria:

<i>ELEMENTS</i>	<i>PERFORMANCE CRITERIA</i>
Analyse menus for a variety of health needs.	<ol style="list-style-type: none"> 1. Provide examples of modifications that can be made to common recipes to cater for various dietary needs including: General diets for weight management; High Carbohydrate; High Protein; Low fat; High fat; Atkins; Paleo; Mediterranean; Gluten Free; High Antioxidant/phytochemical 2. Explain how menus and recipes can be modified to cater for specific diets including liquid diets; eating pre and post events for endurance; eating pre and port workout for strength; carbohydrate loading

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

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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
7. Save a copy of your assessments
8. Submit assessment
9. You have 6 months from commencement to submit your assessments.
10. Within 10 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 Food Studies 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.

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