**Nutrition in Practice**

Learning Outcomes Lecture and Practical Session–

* Understand the role nutrition and lifestyle plays in the development of chronic disease
* Appreciate the nutritive and pharmacological roles of nutritional substances
* Differentiate between marketing and evidence based information on the benefits of particular lifestyle and dietary practices on health outcomes
* Gain practical skills and resources to effectively and succinctly provide beneficial lifestyle and nutrition advice to patients

Preliminary lecture recording provides an introduction to the following -

* Basic physiology of nutrition such as the biological role of protein, fats, carbohydrates, fibre and water (K1.1)
* General overview of how nutrition contributes to the development or prevention of disease (K2.1, K2.2)
* Dietary fads and myth busting (K3.1)

The practical session commences -

* Introductory slides containing data on disease prevalence and nutritional risk factors, as well as basic population dietary guidelines to assist in
* Establishing public health need for a greater focus of nutrition in all aspects of health care based on ABS data (K1.3, K2.1)
* Outlining specific nutritional requirements based on the Australian Dietary Guidelines (K1.3, K4.1)

The aim of these components is to assist the students to better participate in the practical session ensuring they have some basic understanding of nutritional mechanisms, requirements and also need.

The practical session continues -

* Introduction of NEAT - Nutrition Exercise Assessment Tool and associated solution sheet, allowing student’s time to initially complete this on their own diets (S1.1, S1.3)
* The provision of associated case study based practical examples. Additional information resources are also provided for the students to draw on when considering nutritional solutions for the cases (S1.1, S1.2, S1.3, S2.2, S3.1, S3.2, S3.3, S3.4, S3.5, S5.1, S5.2)
  + In small groups students initially discuss their thoughts on a particular allocated component of the tool in relation to a provided case study and presents this to the class for discussion
  + The groups then construct an overall treatment plan for a subsequent case study, including presentation of dietary advice, then sharing their strategies with the class
  + Each group contributes to the class discussion dissecting each component of the tool pertaining to the relevant cases