



# SUBJECT OUTLINE

Subject Name:

**Foundations of Human Nutrition**

Subject Code:

**NMDF121**

## SECTION 1 – GENERAL INFORMATION

Award/s:	Total Course Credit Points:	Level:
Bachelor of Health Science (Naturopathy)	128	Core 1 <sup>st</sup> Year
Bachelor of Health Science (Myotherapy)	96	Core 2 <sup>nd</sup> Year
Bachelor of Health Science (Nutritional and Dietetic Medicine)	96	Core 1 <sup>st</sup> Year
Bachelor of Complementary Medicine	48	Elective 3 <sup>rd</sup> Year
Diploma of Health Science	32	Core 1 <sup>st</sup> Year

**Duration:** 1 Semester

**Subject is:** Core or Elective as noted      **Subject Credit Points:** 4

### Student Workload:

<b>No. timetabled hours per week:</b> 6	<b>No. personal study hours per week:</b> 4	<b>Total hours per week:</b> 10
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#### Delivery Mode\*:

On campus       Online / Digital       Blended       Intensive

#### Weekly Session<sup>^</sup> Format/s - 2 sessions per week:

eLearning modules:      Lectures: Interactive adaptive online learning modules  
Tutorials: can include asynchronous tutor moderated discussion forum and activities, learning journal activities or other web-based resources

\*All modes are supported by the online learning management system which will include subject documents such as handouts, readings and assessment guides.

<sup>^</sup>A 'session' is made up of 3 hours of timetabled / online study time per week unless otherwise specified. Each subject has a set number of sessions as outlined above.

**Study Pattern:**       Full Time       Part Time

**Pre-requisites:**      BIOB111, BIOH111

**Co-requisites:**      SOCQ121

## SECTION 2 – ACADEMIC DETAILS

### Subject Rationale

This subject establishes an essential bridge between health science and nutritional medicine. Students are introduced to the fundamentals of human nutritional science, including the biochemical and physiological functions



of individual macro- and micro- nutrients, the importance of nutrients in normal cell function, energy balance and metabolism and the consequences of deficiencies or excesses on human health. This subject explores the role of scientific research and its application in nutritional medicine practice. Foundations of Human Nutrition is essential to the further study of nutritional medicine where students will develop a deeper understanding of the role of diet and nutrition in restoring, maintaining and promoting optimum health and wellbeing.

## Learning Outcomes

1. Outline the macro- and micro- nutrients and their role in health and disease.
2. Identify and discuss the function and implications of states of excess or deficiency for macro- and micro- nutrients.
3. Define the appropriate nutritional intake requirements for macro- and micro- nutrients in the maintenance and management of health.
4. Interpret basic dietary guidelines relevant to the restoration, maintenance and promotion of individual health and wellbeing.
5. Use current research-based evidence in relation to discussing the health benefits and potential toxicities of macro- and micro- nutrients.
6. Demonstrate accurate use of dietary analysis software to quantitatively analyse nutrient intake data and inform interpretation of individual nutrient status.

## Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
<b>Online Quiz</b> (30 minutes)	1-4	2-7	Week 5	20%
<b>Nutrient Report</b> (1500 words)	1-6	1-22	Week 12	30%
<b>Final Exam</b> (1.5 hours)	1-4	8-26	Final Exam Period	50%

All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS

### Prescribed Readings:

1. Paxton, F. (2015). *Foundations of naturopathic nutrition: A comprehensive guide to essential nutrients and nutritional bioactives*. Allen & Unwin.
2. Whitney, E., Rolfes, S. R., Crowe, T., Cameron-Smith, D., & Walsh, A. (2019). *Understanding nutrition: Australia and New Zealand edition (4th ed.)*. Cengage Learning. [ebook available]



Current research articles as outlined per session within the subject study guide reading list.

### Recommended Readings:

1. Food Standards Australia New Zealand. (2019, January). *Australian Food Composition Database*.  
<https://www.foodstandards.gov.au/science/monitoringnutrients/afcd/Pages/default.aspx>
2. Gropper, S. S., & Smith, J. L. (2017). *Advanced nutrition and human metabolism* (7th ed.). Cengage Learning. [ebook available]
3. Hendler, S. S., & Rorvik, D. M. (2008). *PDR for nutritional supplements* (2nd ed.). Thomson Reuters.
4. Nelson, D. L., & Cox, M. M. (2016). *Lehninger principles of biochemistry* (7th ed.). W.H. Freeman.
5. Osiecki, H. (2014). *The nutrient bible* (9th ed.). Bio Concepts Publishing.
6. Ross, A. C., Caballero, B., Cousins, R. J., Tucker, K. L., & Ziegler, T. R. (Eds.). (2014). *Modern nutrition in health and disease* (11th ed.). Wolters Kluwer.
7. Schlenker, E. D., & Roth, S. L. (2015). *Williams' essentials of nutrition & diet therapy* (11th ed.). Mosby Elsevier. [ebook available]
8. Summers, J., & Smith, B. (2014). *Communication skills handbook* (4th ed.). Wiley.
9. Wahlqvist, M. L. (Ed.). (2011). *Food and nutrition: Food and health systems in Australia and New Zealand* (3rd ed.). Allen & Unwin.

## Subject Content

Week	Lectures	Tutorials / Practicals / Workshops
1.	<p>Session 1</p> <p><b>Introduction to Dietary Requirements</b></p> <ul style="list-style-type: none"> <li>➤ Introduction to nutrition science</li> <li>➤ Nutrient Reference Values (NRV), Australian Dietary Guidelines (ADG), therapeutic application</li> <li>➤ Global and national governing bodies and regulatory agencies</li> </ul>	<p>Asynchronous digital learning activities are developed to allow the students to explore relevant concepts; expand on ideas and revise previous knowledge; have peer and lecturer interaction and feedback.</p> <p>Discussion and exploration of concepts introduced:</p> <ul style="list-style-type: none"> <li>➤ Definitions</li> <li>➤ Natural medicine principles</li> <li>➤ NRV and ADG</li> <li>➤ Governing bodies</li> </ul>
	<p>Session 2</p> <p><b>Macronutrient: Carbohydrates - Part 1</b></p> <ul style="list-style-type: none"> <li>➤ Nutrient basics <ul style="list-style-type: none"> <li>⊗ biochemical structure/physical properties</li> <li>⊗ food sources</li> <li>⊗ digestion and absorption</li> <li>⊗ nutrients, foods, and conditions that inhibit/enhance bioavailability</li> </ul> </li> </ul>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ High risk populations</li> <li>➤ Health Management</li> <li>➤ Research/video</li> </ul>



	<ul style="list-style-type: none"> <li>➤ Nutrient functions</li> <li>➤ Nutrient deficiencies &amp; excesses; signs &amp; symptoms; NRV requirements</li> <li>➤ Glycaemic index and glycaemic load</li> </ul>	
2.	<p>Session 3</p> <p><b>Macronutrients: Carbohydrates - Part 2 (Dietary Fibre)</b></p> <ul style="list-style-type: none"> <li>➤ Types, dietary sources, biochemical structures and physical structures, fermentation, metabolic effects &amp; physiological functions, NRV, deficiency indications, toxicity</li> </ul> <p><b>Macronutrient: Water</b></p> <ul style="list-style-type: none"> <li>➤ Sources and quality, functions, NRV</li> </ul>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ High risk populations</li> <li>➤ Health Management</li> <li>➤ Research/video</li> </ul>
	<p>Session 4</p> <p><b>Macronutrients: Lipids - Part 1: Triglycerides</b></p> <ul style="list-style-type: none"> <li>➤ Introduction: overview of lipids</li> <li>➤ Triglycerides: nutrient basics <ul style="list-style-type: none"> <li>⊗ biochemical structure/physical properties</li> <li>⊗ food sources</li> <li>⊗ digestion and absorption</li> <li>⊗ nutrients, foods, and conditions that inhibit/enhance bioavailability</li> </ul> </li> <li>➤ Nutrient functions</li> <li>➤ Nutrient deficiencies &amp; excesses; signs &amp; symptoms; NRV requirements</li> <li>➤ Introduction to essential fatty acids (EFAs)</li> </ul>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ High risk populations</li> <li>➤ Health Management</li> <li>➤ Research/video</li> </ul>
3.	<p>Session 5</p> <p><b>Macronutrients: Lipids - Part 2 Essential Fatty Acids (EFAs) continued, Phospholipids, Sterols and Cholesterol</b></p> <ul style="list-style-type: none"> <li>➤ Physiological functions, mechanism of action, NRV, deficiency indications, toxicity</li> <li>➤ Lipoproteins and cholesterol transport</li> </ul>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ High risk populations</li> <li>➤ Health Management</li> <li>➤ Research/video</li> </ul>
	<p>Session 6</p> <p><b>Macronutrients: Protein - Part 1</b></p> <ul style="list-style-type: none"> <li>➤ Nutrient basics <ul style="list-style-type: none"> <li>⊗ biochemical structure/physical properties</li> <li>⊗ food sources</li> <li>⊗ digestion and absorption</li> <li>⊗ nutrients, foods, and conditions that inhibit/enhance bioavailability</li> </ul> </li> </ul>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ High risk populations</li> <li>➤ Health Management</li> <li>➤ Case study</li> <li>➤ Research/video</li> </ul>



	<ul style="list-style-type: none"> <li>➤ Nutrient functions</li> <li>➤ Nutrient deficiencies &amp; excesses; signs &amp; symptoms; NRV requirements</li> </ul>	
4.	<p>Session 7</p> <p><b>Macronutrients: Protein - Part 2</b></p> <ul style="list-style-type: none"> <li>➤ Protein turnover and nitrogen balance</li> <li>➤ Deamination and transamination</li> <li>➤ Purine-pyrimidine synthesis and protein synthesis review</li> <li>➤ Acid-alkaline diet theory</li> </ul>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ High risk populations</li> <li>➤ Health Management</li> <li>➤ Case study</li> <li>➤ Research/video</li> </ul>
	<p>Session 8</p> <p><b>Nutritional Assessment</b></p> <ul style="list-style-type: none"> <li>➤ A, B, C, D, E pillars of nutritional assessment <ul style="list-style-type: none"> <li>⊗ Anthropometric assessment methods</li> <li>⊗ Biochemical assessment methods</li> <li>⊗ Clinical assessment methods</li> <li>⊗ Dietary assessment methods</li> <li>⊗ Ecological assessment methods</li> </ul> </li> <li>➤ Population based assessment methods</li> <li>➤ Balancing Energy Needs</li> </ul>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ Foodzone tutorial</li> <li>➤ Validity of nutritional assessments</li> <li>➤ Video</li> </ul>
5.	<p>Session 9</p> <p><b>Macronutrients: Amino Acids - Part 1</b></p> <ul style="list-style-type: none"> <li>➤ Amino acids overview <ul style="list-style-type: none"> <li>⊗ Essentiality; side chains; ketogenic, glucogenic; nitrogen-containing non-protein compounds</li> </ul> </li> <li>➤ Branched chain amino acids: valine, leucine and isoleucine</li> <li>➤ Other hydrocarbon side chains: glycine, alanine <ul style="list-style-type: none"> <li>⊗ Sources, biochemical structures, physiological functions, deficiency indications and toxicity</li> </ul> </li> </ul>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ High risk populations</li> <li>➤ Health Management</li> <li>➤ Case study</li> <li>➤ Research/video</li> </ul>
	<p>Session 10</p> <p><b>Macronutrients: Amino Acids - Part 2</b></p> <ul style="list-style-type: none"> <li>➤ Aromatic side chains: tryptophan, tyrosine, phenylalanine; <ul style="list-style-type: none"> <li>⊗ Sources, biochemical structures, physiological functions, deficiency indications and toxicity</li> </ul> </li> </ul>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ High risk populations</li> <li>➤ Health Management</li> <li>➤ Case study</li> <li>➤ Research/video</li> </ul>
6.	<p>Session 11</p> <p><b>Macronutrients: Amino Acids - Part 3</b></p>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ High risk populations</li> </ul>



	<ul style="list-style-type: none"> <li>➤ Acidic side chain groups: glutamate, glutamine, aspartate, asparagine</li> <li>➤ Sulphur-containing amino acids: methionine, cysteine, taurine and glutathione             <ul style="list-style-type: none"> <li>⦿ Sources, biochemical structures, physiological functions, deficiency indications and toxicity</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>➤ Health Management</li> <li>➤ Case study</li> <li>➤ Research/video</li> </ul>
	<p>Session 12</p> <p><b>Macronutrients: Amino Acids - Part 4</b></p> <ul style="list-style-type: none"> <li>➤ Hydroxyl side chains: threonine, serine</li> <li>➤ Basic side chains: arginine, lysine, histidine</li> <li>➤ Imino side chain: proline             <ul style="list-style-type: none"> <li>⦿ Sources, biochemical structures, physiological functions, deficiency indications and toxicity</li> </ul> </li> </ul>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ High risk populations</li> <li>➤ Health Management</li> <li>➤ Case study</li> <li>➤ Research/video</li> </ul>
7.	<p>Session 13</p> <p><b>Vitamins: Water Soluble Vitamins - Part 1</b></p> <ul style="list-style-type: none"> <li>➤ Introduction to water soluble vitamins</li> <li>➤ Vitamin C: Nutrient basics             <ul style="list-style-type: none"> <li>⦿ biochemical structure</li> <li>⦿ food sources</li> <li>⦿ digestion and absorption</li> <li>⦿ nutrients, foods, and conditions that inhibit/enhance bioavailability</li> </ul> </li> <li>➤ Nutrient functions and metabolism</li> <li>➤ Nutrient deficiencies &amp; excesses; signs &amp; symptoms; NRV and nutrient status testing</li> </ul>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ High risk populations</li> <li>➤ Health Management</li> <li>➤ Case study</li> <li>➤ Research/video</li> </ul>
	<p>Session 14</p> <p><b>Vitamins: Water Soluble Vitamins - Part 2</b></p> <ul style="list-style-type: none"> <li>➤ Introduction to B Group vitamins</li> <li>➤ Vitamin B1, vitamin B2, and vitamin B3: Nutrient basics             <ul style="list-style-type: none"> <li>⦿ biochemical structure</li> <li>⦿ food sources</li> <li>⦿ digestion and absorption</li> <li>⦿ nutrients, foods, and conditions that inhibit/enhance bioavailability</li> </ul> </li> <li>➤ Nutrient functions and metabolism</li> <li>➤ Nutrient deficiencies &amp; excesses; signs &amp; symptoms; NRV and nutrient status testing</li> </ul>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ High risk populations</li> <li>➤ Health Management</li> <li>➤ Case study</li> <li>➤ Research/video</li> </ul>
<b>NON-TEACHING WEEK</b> (note that make-up classes may be scheduled in this week)		



Online students – The non-teaching week falls between Weeks 7 and 8		
<b>8.</b>	<p>Session 15</p> <p><b>Vitamins: Water Soluble Vitamins - Part 3</b></p> <ul style="list-style-type: none"> <li>➤ Vitamin B5, biotin, choline, and inositol: Nutrient basics <ul style="list-style-type: none"> <li>⊗ Biochemical structure</li> <li>⊗ food sources</li> <li>⊗ digestion and absorption</li> <li>⊗ nutrients, foods, and conditions that inhibit/enhance bioavailability</li> </ul> </li> <li>➤ Nutrient functions and metabolism</li> <li>➤ Nutrient deficiencies &amp; excesses; signs &amp; symptoms; NRV and nutrient status testing</li> </ul>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ High risk populations</li> <li>➤ Health Management</li> <li>➤ Case study</li> <li>➤ Research/video</li> </ul>
	<p>Session 16</p> <p><b>Vitamins: Water Soluble Vitamins - Part 4</b></p> <ul style="list-style-type: none"> <li>➤ Vitamin B6, vitamin B12, and folate: Nutrient basics <ul style="list-style-type: none"> <li>⊗ biochemical structure</li> <li>⊗ food sources</li> <li>⊗ digestion and absorption</li> <li>⊗ nutrients, foods, and conditions that inhibit/enhance bioavailability</li> </ul> </li> <li>➤ Nutrient functions and metabolism</li> <li>➤ Nutrient deficiencies &amp; excesses; signs &amp; symptoms; NRV and nutrient status testing</li> </ul>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ High risk populations</li> <li>➤ Health Management</li> <li>➤ Case study</li> <li>➤ Research/video</li> </ul>
<b>9.</b>	<p>Session 17</p> <p><b>Vitamins: Fat Soluble Vitamins - Part 1</b></p> <ul style="list-style-type: none"> <li>➤ Introduction to fat soluble vitamins</li> <li>➤ Vitamin A and vitamin E: Nutrient basics <ul style="list-style-type: none"> <li>⊗ biochemical structure</li> <li>⊗ food sources</li> <li>⊗ digestion and absorption</li> <li>⊗ nutrients, foods, and conditions that inhibit/enhance bioavailability</li> </ul> </li> <li>➤ Nutrient functions and metabolism</li> <li>➤ Nutrient deficiencies &amp; excesses; signs &amp; symptoms; NRV and nutrient status testing</li> </ul>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ High risk populations</li> <li>➤ Health Management</li> <li>➤ Case study</li> <li>➤ Research/video</li> </ul>
	<p>Session 18</p> <p><b>Vitamins: Fat Soluble Vitamins - Part 2</b></p> <ul style="list-style-type: none"> <li>➤ Vitamin D and vitamin K: Nutrient basics</li> </ul>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ High risk populations</li> <li>➤ Health Management</li> </ul>



	<ul style="list-style-type: none"> <li>⊙ biochemical structure</li> <li>⊙ food sources</li> <li>⊙ digestion and absorption</li> <li>⊙ nutrients, foods, and conditions that inhibit/enhance bioavailability</li> <li>➤ Nutrient functions and metabolism</li> <li>➤ Nutrient deficiencies &amp; excesses; signs &amp; symptoms; NRV and nutrient status testing</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case study</li> <li>➤ Research/video</li> </ul>
10.	<p>Session 19</p> <p><b>Minerals: Macrominerals - Part 1</b></p> <ul style="list-style-type: none"> <li>➤ Introduction to minerals</li> <li>➤ Structural macrominerals: calcium, magnesium, and phosphorus</li> <li>➤ Nutrient basics <ul style="list-style-type: none"> <li>⊙ biochemical structure</li> <li>⊙ food sources</li> <li>⊙ digestion and absorption</li> <li>⊙ nutrients, foods, and conditions that inhibit/enhance bioavailability</li> </ul> </li> <li>➤ Nutrient functions and metabolism</li> <li>➤ Nutrient deficiencies &amp; excesses; signs &amp; symptoms; NRV and nutrient status testing</li> </ul>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ High risk populations</li> <li>➤ Health Management</li> <li>➤ Case study</li> <li>➤ Research/video</li> </ul>
	<p>Session 20</p> <p><b>Minerals: Macro-minerals - Part 2</b></p> <ul style="list-style-type: none"> <li>➤ Electrolyte macro-minerals: potassium, sodium, and chloride</li> <li>➤ Nutrient basics <ul style="list-style-type: none"> <li>⊙ biochemical structure</li> <li>⊙ food sources</li> <li>⊙ digestion and absorption</li> <li>⊙ nutrients, foods, and conditions that inhibit/enhance bioavailability</li> </ul> </li> <li>➤ Nutrient functions and metabolism</li> <li>➤ Nutrient deficiencies &amp; excesses; signs &amp; symptoms; NRV and nutrient status testing</li> </ul>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ High risk populations</li> <li>➤ Health Management</li> <li>➤ Case study</li> <li>➤ Research/video</li> </ul>
11.	<p>Session 21</p> <p><b>Minerals: Microminerals - Part 1</b></p> <ul style="list-style-type: none"> <li>➤ Iron, copper, and zinc: Nutrient basics <ul style="list-style-type: none"> <li>⊙ biochemical structure</li> <li>⊙ food sources</li> <li>⊙ digestion and absorption</li> </ul> </li> </ul>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ High risk populations</li> <li>➤ Health Management</li> <li>➤ Case study</li> <li>➤ Research/video</li> </ul>





	<ul style="list-style-type: none"> <li>⊙ nutrients, foods, and conditions that inhibit/enhance bioavailability</li> <li>➤ Nutrient functions and metabolism</li> <li>➤ Nutrient deficiencies &amp; excesses; signs &amp; symptoms; NRV and nutrient status testing</li> </ul>	
	<p>Session 22</p> <p><b>Minerals: Microminerals - Part 2</b></p> <ul style="list-style-type: none"> <li>➤ Iodine, selenium, and manganese: Nutrient basics <ul style="list-style-type: none"> <li>⊙ biochemical structure</li> <li>⊙ food sources</li> <li>⊙ digestion and absorption</li> <li>⊙ nutrients, foods, and conditions that inhibit/enhance bioavailability</li> </ul> </li> <li>➤ Nutrient functions and metabolism</li> <li>➤ Nutrient deficiencies &amp; excesses; signs &amp; symptoms; NRV and nutrient status testing</li> </ul>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ High risk populations</li> <li>➤ Health Management</li> <li>➤ Case study</li> <li>➤ Research/video</li> </ul>
12.	<p>Session 23</p> <p><b>Minerals: Microminerals - Part 3</b></p> <ul style="list-style-type: none"> <li>➤ Fluoride, chromium, and molybdenum: Nutrient basics <ul style="list-style-type: none"> <li>⊙ biochemical structure</li> <li>⊙ food sources</li> <li>⊙ digestion and absorption</li> <li>⊙ nutrients, foods, and conditions that inhibit/enhance bioavailability</li> </ul> </li> <li>➤ Nutrient functions and metabolism</li> <li>➤ Nutrient deficiencies &amp; excesses; signs &amp; symptoms; NRV and nutrient status testing</li> </ul>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ High risk populations</li> <li>➤ Health Management</li> <li>➤ Case study</li> <li>➤ Research/video</li> </ul>
	<p>Session 24</p> <p><b>Nutritional Toxicology: Toxic Metals and Other Toxic Substances</b></p> <ul style="list-style-type: none"> <li>➤ Cadmium, Lead, Mercury, Nickel, Aluminium, Arsenic</li> <li>➤ Structures, absorption, physiological impacts, toxicity signs, nutritional management</li> <li>➤ Health management of toxic metals and other toxic substances through nutritional medicine</li> </ul>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ High risk populations</li> <li>➤ Health Management</li> <li>➤ Case study</li> <li>➤ Research/video</li> </ul>
13.	<p>Session 25</p> <p><b>Other nutrients and non-nutrient health-promoting compounds</b></p>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ High risk populations</li> <li>➤ Health Management</li> </ul>



	<ul style="list-style-type: none"> <li>➤ Other trace minerals</li> <li>➤ Bioflavonoids and polyphenols</li> <li>➤ Nutrient supplementation</li> </ul>	<ul style="list-style-type: none"> <li>➤ Case study</li> <li>➤ Research/video</li> </ul>
	<p>Session 26</p> <p><b>Dietary Theories</b></p> <ul style="list-style-type: none"> <li>➤ Popular diet theories <ul style="list-style-type: none"> <li>⊙ Cultural, ethical, religious, therapeutic, scientific and fad diets</li> <li>⊙ Features</li> <li>⊙ Benefits and risks</li> <li>⊙ Evidence</li> </ul> </li> </ul>	<p>Knowledge application:</p> <ul style="list-style-type: none"> <li>➤ High risk populations</li> <li>➤ Health Management</li> <li>➤ Case study: focus on vegan and vegetarian diets</li> <li>➤ Research/video</li> </ul>
14.	<p><b>Non-Teaching Week/Practical Examination Week 1</b></p> <p>Note that make-up classes may be scheduled in this week</p>	
15.	<p><b>Non-Teaching Week/Practical Examination Week 2</b></p> <p>Note that make-up classes may be scheduled in this week</p>	
16.	<p><b>Final Examination Week 1</b></p> <p>Students are required to sit examinations using the Respondus Lockdown Browser software per the <a href="#">Examination Policy – Higher Education</a>. Refer to the LMS for exam opening and closing times.</p>	
17.	<p><b>Final Examination Week 2</b></p> <p>Students are required to sit examinations using the Respondus Lockdown Browser software per the <a href="#">Examination Policy – Higher Education</a>. Refer to the LMS for exam opening and closing times.</p>	