

COURSE OUTLINE

Part 1

Introduction of the Ottawa Charter for Health Promotion (Part 1)
Food and Nutrition Guidelines for Healthy Adults and Older Adults
The Language of Nutrition and Nutrients
Digestion and Absorption

Practical ideas to better nutrition/healthier eating:

- Healthy cooking techniques and recipe analysis to lower fat, sugar and salt content
- Food label reading
- Food safety
- Food cost
- Menu planning, budgeting and shopping
- Shopping tour

Part 2

Heart health and risk factors for heart disease:

- Diabetes
- Obesity
- Physical activity
- Tobacco and alcohol

Adult learning and engagement - the Pacific way

Part 3

Nutritional status of Pacific people including children in New Zealand
Food and Nutrition Guidelines for Healthy Pregnant and Breastfeeding Women

Food and Nutrition Guidelines for Babies and Toddlers (0-2 years)

Food and Nutrition Guidelines for Healthy Children and Adolescents

Application of the Ottawa Charter for Health Promotion (Part 2)

Application of the Adult Learning and Engagement - the Pacific way

Graduation Ceremony

To be advised

Other Details:

- All course materials will be provided, but please bring a pen and paper
- The course runs once a week for a total of nine weeks.
- The course starts each evening from 6pm-9pm. A total of three hours per evening.
- Active participation in learning activities, discussions and group work is encouraged as well as the completion of all assignments to be completed at home and online.
- Participants who complete the course will be awarded the Certificate in Pacific Nutrition worth 15 Credits, Level 4, from the Auckland University of Technology (AUT)