

# Certificate of Proficiency in Pacific Nutrition

## Course outline

### Part 1

#### Healthy eating

- Stages of Behaviour Change
- Introduction of the Ottawa Charter for Health Promotion
- Eating and Activity Guidelines for Healthy Adults and Older Adults
- 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
  - Menu planning, budgeting and shopping
  - Takeaways vs home-cooked meals

### Part 2

#### Healthy lifestyles

- Heart health and risk factors for heart disease:
  - Diabetes
  - Obesity
  - Physical activity
  - Smoking
- Steps to eating for a healthy heart
- Adult learning and engagement – with a Pacific cultural lens.

### Part 3

#### Life course nutrition

- Nutritional status of Pacific people including children in New Zealand
  - Eating and Activity Guidelines for Healthy Pregnant and Breastfeeding/Lactating Women
  - Eating Guidelines for New Zealand Babies and Toddlers (0-2 years)
  - Eating and Activity Guidelines for Healthy Children (2-3 years, 4-8 years, 9-11 years, 12-13 years) and Young People (14-18 years)
- Application of the Ottawa Charter for Health Promotion (Part 2)
- Iron and Gout

### Graduation Ceremony

Face-to-face (Ellerslie, Auckland) - To be advised

### Other Details:

- All course resources will be provided.
- This course is delivered in two formats:
  - Face-to-face (Ellerslie, Auckland): Duration to be advised
  - Online: 12 x 2-hour evening sessions, once a week
- Active participation in learning activities, discussions and group work is encouraged, as well as the completion of all assessments.
- Participants who complete the course will be awarded the Certificate of Proficiency in Pacific Nutrition worth 15 Credits, Level 4, from the Auckland University of Technology (AUT).