



Holistic Health Training Ltd
Ministry of Education # 7648.
www.hht.co.nz

~ NZQA - Registered Private Training Establishment.

Human Nutrition.

A Certificated course about food – what we need to eat, what we should eat lots of, what we shouldn't eat, and why.



Prospectus.

Course Title; Human Nutrition.

Qualification; HHT Ltd – Human Nutrition.

Hours; 50.

Delivery; Distance (via USB).

Assessment; One written Assignment.

Delivery Modes; Distance.

Resources;

- Theory Manual (on USB).
- Full tutor support via email text or phone.

Overview.

As with all HHT's programmes, this course is not a dry discussion of facts; it is a fascinating romp through the vital information around what humans *need* to eat, what we actually *do* eat, what we should eat *more* of – and what we should eat *less* of!

There is good news about dark chocolate, red wine and coffee, and not so flash news about trans fats and cholesterol. It is “need to know” stuff in this modern world where experts are predicting epidemics in diet-related diseases in the near future.

The course is written as if you are a Blank Slate when it comes to nutrition. This is especially true for the Chemistry section. On the other hand, if you already have some knowledge, we guarantee there are things you will learn. We are also out to de-bunk some myths. There are plenty out there, and a lot of them are not only frankly wrong, they are dangerously wrong. We poke holes in fad diets, corporations flogging empty calories to an unsuspecting public, and self-professed gurus who claim to be experts in nutrition on the grounds of Hollywood stardom.

As usual with our programmes, we have included some weird and wacky snippets you won't find in other courses. Did you know, for example, that the term “limey” comes from Captain James Cook making his sailors suck on a lime every day while at sea to prevent scurvy? And did you know that eating giant fruit bats can be very, very bad for your health? Or that the man who discovered vitamins was really Funky? Yup, Kasimierz Funk was the man! Not only will you learn, you'll have fun.

Contents.

Introduction – the social and political context in New Zealand.

Basic Biochemistry.

Amino acids.

Proteins.

Enzymes, Coenzymes and Cofactors.

Carbohydrates.

Lipids.

Cholesterol.

Alcohol.

Vitamins (fat soluble).

Vitamins (water soluble).

Minerals.

Some special foods and beverages; honey and honey foods, tea (green and black), chocolate, coffee, energy drinks, goji berries (as an example of the “super-food” phenomenon), “energy drinks”.

The Processes of Digestion – from oral cavity to anus.

Nervous control of digestive processes.

Summary.

Outcomes.

On completion of this course, students can expect to have met the following outcomes.

1. You will have an **overview** of the situation re nutrition in New Zealand, especially with regards to the potential downstream health consequences of an obesity epidemic.
2. You will have an understanding of the **cultural, social, economic and political contexts** against which questions of nutrition are played out.
3. Students will have a clear picture of the **significance of good nutrition in normal function** across all health parameters.
4. Students will understand and can explain **basic biochemistry** as it relates to nutrition.
5. You will understand the roles of various foods in the provision of **ENERGY** and **NUTRIENT** requirements.
6. Students can explain the functional differences between the **major food groups** (proteins, carbohydrates and lipids).
7. Students can describe the roles and significance of **vitamins** and **minerals** in the diet.
8. You will be able to analyse and explain the role of the **media, marketing, the supplementation industry** and **vested interests** in the diet industry and nutrition.
9. Students can **analyse the nutritional composition** of typical meals and **assess** if they meet sensible nutritional guidelines.
10. Students know how to **access further information** from reliable sources.

NB: completion of this course does not qualify you as a nutritionist.

Fees; One-off payment of **\$175.00**, at registration, includes GST. No further fees payable. Fee includes resources, tutor support, assignment marking, and Certificate.

Legal stuff.

1. **This course is not NZQA-approved.**
2. **However, all NZQA protections apply.**
3. **All material is copyright, and all rights are reserved.**
4. **Should you have a complaint, please let us know.**
5. **There is no time limit to complete the course.**
6. **While all care has been taken, neither HHT Ltd nor its advisors are liable for any errors or omissions.** Also, the political views and personal opinions expressed are the author's, she thinks they are Jolly Good ones and is sticking by them. If you disagree, feel free to argue. Debate is healthy.