



You will work through the following units as part of Food and Nutrition 3:

Unit 1: Nutrition

Dive into the essentials of nutrition and explore how different nutrients fuel our bodies, supporting health and wellbeing.

Unit 2: Dietary and Data Analysis

Learn to analyse dietary patterns and interpret nutritional data to make informed food choices and recommendations.

Unit 3: Food Sociology

Discover the fascinating social, cultural, and economic influences that shape our food choices and eating habits.

Unit 4: Health Promotion

Explore strategies for promoting healthier lifestyles and inspiring positive food choices within communities.

Unit 5: Food Issues

Unpack the complex issues around food, including sustainability, ethics, and the global impact of our food systems.

How you'll be assessed:

Common types of internal assessments are:

- tests (short-answer questions)
- data analysis
- assignments, reports and essays

Food and Nutrition helps students understand and appreciate the role of food in health and well-being, examining how culture, science, and personal choices impact dietary habits. This course equips students with the skills, knowledge, and insight to make informed food choices and understand the broader social and environmental issues related to food.

COMPLETION OF WORK POLICY

Assessment due dates are provided in the Program of Learning and on Canvas. Work must be submitted by the due date unless an approved extension has been granted. Unapproved late submissions will incur penalties as outlined in the *Completion of Work Policy*. Students needing extensions should contact their subject teacher before the due date with valid reasons, such as illness or unforeseen circumstances.

For more details refer to the Launceston College: [Completion of Work Policy](#).

ACADEMIC INTEGRITY

All senior secondary students in Tasmania are expected to uphold academic integrity, meaning they complete their work honestly and fairly. This includes properly referencing any ideas, images, or information borrowed from others, allowing teachers to distinguish between original and sourced content.

Assignments will be submitted through Canvas, email, hard copy as directed in the task sheet.

For more details, refer to the Launceston College: [Academic Integrity Policy](#).

REFERENCING

The Harvard referencing system is recommended for Food and Nutrition. The standards for criterion 1 state that a student must:

- create appropriate reference lists/bibliographies and use in-text referencing.
- clearly identifies the information, images, ideas and words of others used in the student's work.

COURSE DOCUMENT

The TASC website provides considerable information about the course. [Food and Nutrition - TASC](#)

Week	Date	Program of Learning 2025	Notes / Assessments
1	6 Feb	Unit 1 – Nutrition (Intro)	<i>Yr 11s and 12's return February 8 (Thursday)</i>
2	10 Feb	BMR/Energy Balance/Non-Nutrients	
3	17 Feb	NRV Terminology	
4	24 Feb	Macronutrients – Protein	<i>Wed 26 Feb – Launceston Cup</i> Test 1 – Intro to Nutrition (Major)
5	3 Mar	Macronutrients – Carbohydrates, GI, Fibre	
6	10 Mar	Macronutrients – Fats and Cholesterol, Water	<i>Mon 10 Mar – Public Holiday</i>
7	17 Mar	Micronutrients – Vitamins	Test 2 – Macronutrients (Major)
8	24 Mar	Micronutrients – Minerals + Recipe Modification	
9	31 Mar	Nutrient loss	Test 3 – Micronutrients (Major) + Recipe Analysis and Modification (Minor)
10	7 Apr	Unit 4 – Health Promotion (Intro to Nutrition Promotion) Diet related diseases – Obesity	
Term 1 break – Saturday 12 April – Sunday 27 April			
1	28 Apr	Diet Related Diseases – Type 2 Diabetes & Heart Disease	
2	5 May	Diet Related Diseases – Revision	Test 4 – Health Promotion – Part A – Evaluation (minor) and Part B - Diet Related Diseases (major)
3	12 May	Unit 2 - Dietary & Diet Analysis (Intro) Validity of Research - ADG 1 – 3	
4	19 May	Validity of Research Diet Analysis and Modification – Data Collection	Assignment 1 – Nutrition Research Validity Task (Minor)
5	26 May	Diet Analysis and Modification	
6	2 June	Diet Analysis and Modification	<i>Fri 6 June – Moderation Day (LC students work from home)</i>
7	9 June	Diet Analysis and Modification	<i>Mon 9 June – Public Holiday</i> Assignment 2 – Dietary Analysis – Part A & B (Major)
8	16 June	Exam Revision – Nutrition, Health Promotion	
9	23 June	Exam Revision – Diet Analysis	Mid-Year Assessments Level 3 & 4 <i>Start Thursday 26th June – Thursday 3rd July</i>
10	30 June	Exam – Self Reflection	Mid-Year Assessments Level 3 & 4 <i>Start Thursday 26th June – Thursday 3rd July</i>
Term 2 break – Saturday 5 July – Sunday 20 July			
1	21 July	Unit 3 - Food Sociology – Physiological, Psychological and Social Influences	
2	28 July	Economic Influences	
3	4 Aug	Case Study Analysis – Historical (Australia)	Assignment 3 – Australian Food Culture Task (Minor)
4	11 Aug	Case Study Analysis – Current	
5	18 Aug	Unit 5 – Food Issues – Ecological Sustainability	Test 5 – Food Sociology – Case Study Task (Major)
6	25 Aug	Ecological Sustainability	<i>Excursion – Sustainability in the Tamar Valley</i>
7	1 Sep	Ecological Sustainability	
8	8 Sep	Ecological Sustainability	
9	15 Sep	Food Security	In Class Essay 1 – Ecological Sustainability & Strategies (Major/Minor)
10	22 Sep	Food Security	
Term 3 break – Saturday 27 September – Sunday 12 October			
1	13 Oct	Food Security/Revision	In Class Essay 2 – Food Security (Major)
2	20 Oct	Revision	Retests - Tutorial Time
3	27 Oct	Revision	
4	3 Nov	Revision	<i>Mon 3 Nov – Public Holiday</i>
Exams begin (Monday 10th November) - Exams end (Thursday 20th November)			

ASSESSMENT

Criterion-based assessment helps students see how well they're meeting course outcomes at the end of their study. While there is continuous feedback to guide learning, final assessments focus on showing what students have achieved by the end. Ratings are given as 'A', 'B', or 'C', based on course standards. A 't' indicates partial achievement below a 'C', and a 'z' means no evidence provided.

Schools follow TASC's quality assurance to keep standards consistent. More details are on the [TASC website](#). Final awards are based on both internal and TASC-supervised external assessments.

Criteria

The assessment for Food and Nutrition Level 3 will be based on the degree to which the learner can:

1. research and analyse information from a variety of sources
2. *communicate ideas and information in a variety of forms*
3. plan, organise and complete activities both independently and collaboratively
4. *describe the relationship between nutrition, food, and health*
5. *analyse diets using Nutrient Reference Values and recognised food selection tools*
6. *analyse factors affecting food choice *
7. apply principles of nutrition and food choice to health promotion
8. *identify and analyse food related issues*

* = denotes criteria that are both internally and externally assessed

Award Requirements

The final award will be determined by the Office of Tasmanian Assessment, Standards and Certification from **13 ratings (8 from the internal assessment, 5 from external assessment)**.

The minimum requirement for an award in Food and Nutrition Level 3, are as follows:

EXCEPTIONAL ACHIEVEMENT (EA)

10 'A', 3 'B' ratings (4 'A', 1 'B' from external assessment)

HIGH ACHIEVEMENT (HA)

5 'A', 5 'B', 3 'C' ratings (2 'A', 2 'B', 1 'C' from external assessment)

COMMENDABLE ACHIEVEMENT (CA)

7 'B', 5 'C' ratings (2 'B', 2 'C' from external assessment)

SATISFACTORY ACHIEVEMENT (SA)

11 'C' ratings (3 'C' from external assessment)

PRELIMINARY ACHIEVEMENT (PA)

6 'C' ratings

A learner who otherwise achieves the ratings for a CA (Commendable Achievement) or SA (Satisfactory Achievement) award but who fails to show any evidence of achievement in one or more criteria ('z' notation) will be issued with a PA (Preliminary Achievement) award.