

A review of food and nutrition education for Queensland Health and Physical Education University Students

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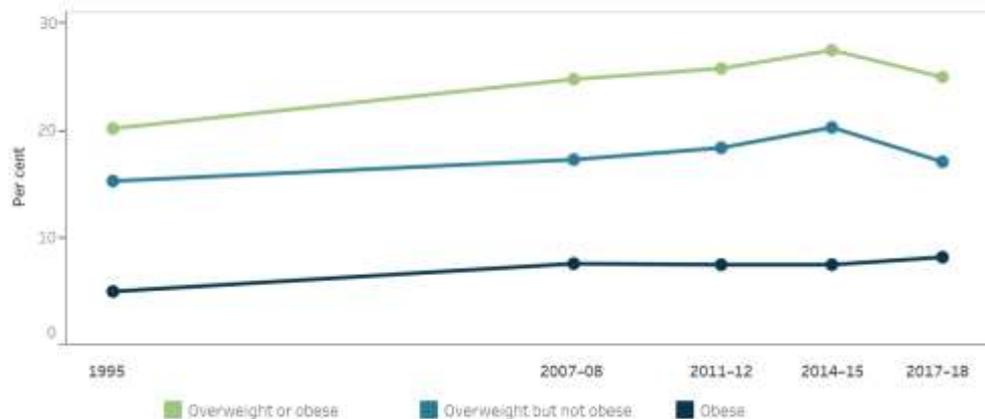


How did this research topic come up?

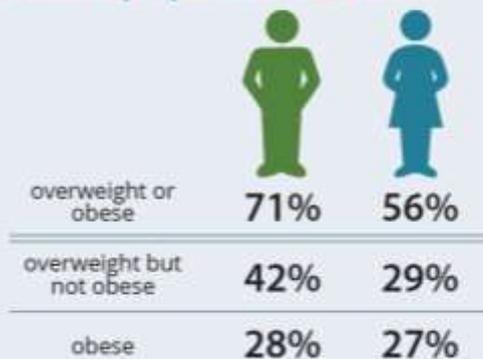


Why is this an important issue?

Figure 1: Proportion of overweight and obese children and adolescents aged 5-17, 1995 to 2017-18



More men than women were overweight or obese in 2014-15; a similar proportion were obese



Research methods

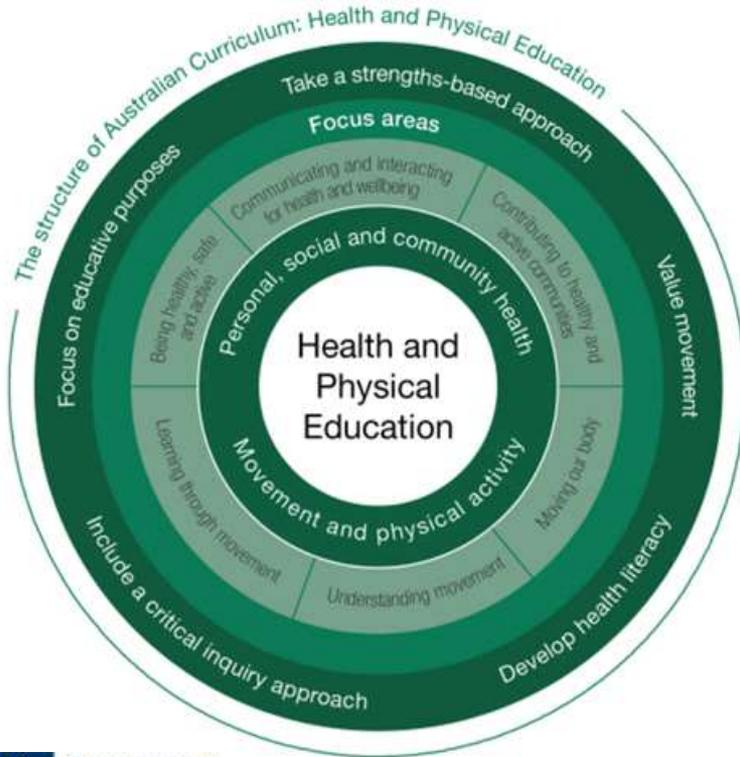
Assess what HPE teachers are required to deliver to secondary students:

1. Access the National Curriculum (years 7-10)
2. Assess the scope of content: Food and Nutrition Focus Area

Assess what training is available for Secondary HPE Teachers:

1. Determine Tertiary Education Providers in QLD
2. Examine the extent of nutrition education within these programs

Results - The National Curriculum (Years 7-10)



| Focus areas |
|---|
| Alcohol and other drugs (AD) |
| Food and nutrition (FN) |
| Health benefits of physical activity (HBPA) |
| Mental health and wellbeing (MH) |
| Relationships and sexuality (RS) |
| Safety (S) |
| Active play and minor games (AP) |
| Challenge and adventure activities (CA) |
| Fundamental movement skills (FMS) |
| Games and sports (GS) |
| Lifelong physical activities (LLPA) |
| Rhythmic and expressive activities (RE) |

- The Australian Guide to Healthy Eating
- Nutritional requirements
- Advertising, labelling, packaging
- Influences on food choices
- Strategies for planning and maintaining a healthy, balanced diet
- Healthy options for snacks, meals and drinks
- Sustainable food choices.

Results - Tertiary Education Providers in QLD

Universities offering Bachelor of Education (Secondary) – Health and Physical Education:

- Queensland University of Technology
- Griffith University
- University of Southern Queensland
- James Cook University
- Central Queensland University

NUTR12001: Human Nutrition



Results - Education Comparison

CQU NUTR12001 Content:

1. Use and limitations of food selections guides, nutrient recommendations and dietary guidelines
2. Discuss individual nutrients, and describe their contribution to, and requirements for, a healthy diet.
3. Explain the concepts of energy balance, body composition and weight management.
4. Describe the use and limitations of nutrition assessment methodologies for individuals and population groups.
5. Demonstrate understanding of common nutrition-related diseases and conditions affecting Australians.
6. Explain the role of food and nutrition in sport and exercise.

National Curriculum Nutrition Content:

1. Food groups and recommendations for healthy eating (including The Australian Guide to Healthy Eating)
2. Healthy options for snacks, meals and drinks
3. Sustainable food choices.
4. Food advertising, labelling and packaging
5. Nutritional requirements and dietary needs (including The Australian Dietary Guidelines)
6. Strategies for planning and maintaining a healthy, balanced diet
7. Personal, social, economic and cultural influences on food choices and eating habits

Discussion

- Do you think changes are required - to the National Curriculum OR University education currently provided to HPE teachers (or both)?
- Could we upskill HPE teachers to deliver nutrition content on the job? How?
- Is there a place for nutritionists or dietitians to collaborate with HPE teachers in schools? Movement towards this internationally.

Key take home points

- Only 1 out of 5 HPE Secondary Education university courses in QLD provides a unit on nutrition - this doesn't address all aspects of the National Curriculum
- Why aren't all Universities offering nutrition education for those studying to be HPE teachers?
- Begin dialogue with Education QLD/Universities
- Further investigation into other University HPE courses across Australia
- Enable HPE teachers to deliver nutrition content to the best of their abilities

References

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