



DIET1001

Induction to Dietetics and Food Innovation

Course Outline
Term 1, 2023

School of Health Sciences
Faculty of Medicine & Health

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1. Staff

Position	Name	Email	Consultation times and locations	Contact Details
Course Convenor	A/Prof Sara Grafenauer	s.grafenauer@unsw.edu.au	Wednesday, or Friday 1-3pm	By email
Associate Lecturer	Ms Jaimee Hughes	jaimee.hughes@unsw.edu.au		
Senior Lecturer	Dr Luke Gemming	l.gemming@unsw.edu.au		

2. Course information

Units of credit: 6

Pre-requisite(s): NA

Co-requisites: HLTH1001 Academic Preparation for Health Studies

2.1 Course summary

What sort of Dietitian do you want to be? ... and how will you get there?

In this course, you will be welcomed into the nutrition, dietetic and food innovation profession and will be provided with opportunities to explore your potential career options. The UNSW Dietetics and Food Innovation program is unique in Australia in that it will prepare you for a wide scope of practice in clinical settings, industry, government and not-for-profit organisations, as well as for traditional dietetic practice. It will also prepare you for the changes that traditional dietetic practice is undergoing due to evolving population health needs and expectations, social norms, technological advancements and climate change. The course will address the essential legal and ethical requirements for practice as an Accredited Practising Dietitian in Australia.

2.2 Course aims

This course will help you understand life as a professional working in nutrition, dietetics and food innovation. By meeting with practising dietitians and food professionals from a wide range of sectors you will learn about the diversity of practice that is possible and begin to understand how you can develop the knowledge and skills throughout your professional life required to be an expert in your field.

2.3 Course learning outcomes (CLO)

At the successful completion of this course, you will:

1. explain the roles of nutritionists and dietitians within the Australian health system and Australian food system
2. explain the legal and ethical requirements to be a practising dietitian in Australia
3. identify traditional and emerging areas of scope and practice for dietitians
4. identify and reflect on your own strengths and shortcomings as a future health professional, and develop strategies to extend or address these in order to facilitate professional growth and development
5. explain the importance of evidence-based medicine in dietetic practice
6. develop basic food literacy and numeracy skills and begin to acquire the language of food in Australia

2.4 Relationship between course and program learning outcomes and assessments

Course Learning Outcome (CLO)	LO Statement	Assessment
CLO 1	Explain the roles of nutritionists and dietitians within the Australian health system and Australian food system	Assessment 1, 4
CLO 2	Explain the legal and ethical requirements to be a practising dietitian in Australia	Assessment 1
CLO 3	Identify traditional and emerging areas of scope and practice for dietitians	Assessment 1, 4
CLO 4	Reflect on one's own strengths and shortcomings as a future health professional, and develop strategies to extend or address these in order to facilitate professional growth and development	Assessment 2, 4
CLO 5	Explain the importance of evidence-based medicine in dietetic practice	Assessment 1

CLO 6	Develop basic food literacy and numeracy skills and begin to acquire language of food in Australia	Assessment 3
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3. Strategies and approaches to learning

3.1 Learning and teaching activities

In this course, you will learn about the nutrition and dietetics professions by interacting with a diverse range of professionals in a series of weekly workshops. You will be welcomed into the profession at a networking event, which will be the first of many throughout your training and career. You will have access to online learning modules to help you understand the requirements of being an Accredited Practising Dietitian in Australia.

This course does not use the standard Graded Pass system. Instead, assessments are deemed as satisfactory or unsatisfactory, known as SY grades at UNSW. Consequently, you will not receive a grade in this course, and it is not included in the calculation of your Weighted Average Mark (WAM). However, the units of credit in this course are counted as successfully completed when calculating your academic standing. More information about grade systems at UNSW can be found here: <https://www.student.unsw.edu.au/grade>

3.2 Expectations of students

The course is delivered in a blended format over a ten-week term. Each week you will be required to:

- complete the online lectures
- complete any required readings
- actively participate in the weekly workshops
- complete assessments by the due date and time
- reflect on your own progress and identify if you require further assistance via feedback from assessments, tutorials or communicating with the convenors.

4. Course schedule and structure

This course consists of 30 hours of class contact hours in the form of weekly workshops. You are expected to take an additional 120 hours of non-class contact hours to complete assessments, readings and self-study.

Week	Topic	Nutrition & Dietetics Workshops	Related CLO
Week 1	<p>Introduction to the Course and Program</p> <p>Terminology: What as a Dietitian?</p> <p>History of Nutrition and Diet Specialists</p> <p>Nourishing Australia -The Decadal Plan for the Science of Nutrition (Overview)</p>	<p>Program overview: how does the program fit together; relevance to the Decadal Plan; who are the teaching and support staff; expectations of students and of staff</p> <p>Getting to know you</p>	1, 2, 4
Week 2	<p>Dietitians Australia (DA) & Nutrition Society of Australia</p> <p>DA Guidelines to Safe Practice & Scope of Practice</p> <p>Accredited Practising Dietitian (APD) and Accredited Nutritionist (AN) Requirements</p> <p>Mentoring</p>	<p>Future job roles and critical capabilities: where in the program will you learn these skills?</p> <p>Goal setting in line with DA: how to get from novice to expert to learn the critical skills through the program</p>	1, 2, 4
Week 3	<p>Introduction to Food Innovation</p>	<p>Self-assessment: leadership style</p> <p>What does this mean for future practice?</p>	1, 3, 4
Week 4	<p>Nutrition and Dietetics Careers: Clinical (Public, Private, Inpatient, Outpatient, Urban and Regional)</p>	<p>Self-assessment: communication style</p> <p>What does this mean for your studies, working in interprofessional teams and future practice?</p> <p>Importance of networking, how to network</p>	1, 3, 4
Week 5	<p>Nutrition and Dietetics Careers: Public and Community Nutrition</p>	<p>Dietitian's networking event – MANDATORY PARTICIPATION</p>	1, 3, 4

Week 6	<i>Flexibility Week</i>		
Week 7	Nutrition and Dietetics Careers: Food Service, Industry and Agriculture	Introduction to reflective practice Reflection on networking event Thinking about your N&D careers - Identifying strengths, weaknesses, opportunities for development (personal Strengths, Weaknesses, Opportunities, and Threats [SWOT])	1, 3, 4
Week 8	Introduction to Evidence-Based Medicine Introduction to Complementary Therapies	Evidence-based medicine Complementary and alternative therapies & dietetics	2, 3, 5
Week 9	Introduction to Food Literacy and Numeracy Australian Food Language	Food literacy, numeracy and language Introduction to the Virtual Supermarket Tour: how to use the platform, how it will be used through the program, importance of adding to it throughout your studies in preparation for Year 4/5	6
Week 10	The Future of Nutrition & Dietetics – Overview of the Dietetic Deans Report Reconciliation Action Plan (RAP) – Lecture by DA	Course reflection	1-6

Exam Period: 28 April - 11 May 2023

Supplementary Exam Period: 22 May – 26 May

5. Assessment

5.1 Assessment tasks

The assessment tasks in this course will be marked but not be given a numerical grade. Instead, you will receive a Pass or Fail for the assessment.

Assessment task	Length	Weighting	Due date
Assessment 1: Setting Learning Goals for Dietetic Practice	800 words	25%	Week 3
Assessment 2: Leadership and Communication Goals	800 words	25%	Week 5
Assessment 3: Initial Entry for the Virtual Supermarket Tour	N/A	10%	Week 9
Assessment 4: Reflecting on Potential Careers	1000 words	40%	Exam Week 1

Assessment 1: In this task, you will be required to develop a set of personal learning goals that align with the requirements to be an Accredited Practising Dietitian, as outlined by Dietitian's Australia. The learning goals may be related to the development of skills and gaining content knowledge and must be clearly written using the SMART format (Specific, Measurable, Achievable, Realistic and Time-bound). This exercise is designed to help you build skills in self-assessment and reflective practice, and examples will be provided in class sessions. Identify a peer who can review your goals and provide further suggestions. Feedback will be returned within 10 working days of submission.

Assessment 2: You will be required to use the self-assessment tools from Workshops 3 & 4 and use the results to add to your personal learning goals from Assessment 1. You must identify your strengths and weaknesses in leadership and communication and modify your existing and/or develop additional learning goals. The goals you have set will be used and adjusted later in the program. Feedback will be returned within 10 working days of submission.

Assessment 3: In the Week 3 workshop, you will be introduced to the Virtual Supermarket Tour assessment task. For this task you will need to upload photographs of all foods and drinks you consume over at least one week, including the front and back of all packaged food and beverage items. This includes both core foods and snack (discretionary) foods. Ensure that the photographs are clear enough so that you can read the nutrition information clearly. Create a glossary of terms using the ingredient list items you are unfamiliar with. Feedback will be returned within 10 working days of submission.

Assessment 4: You will be required to reflect on the presentations from professionals working across the food and nutrition sector, the networking event and information from Week 10 regarding future priorities and directions of the dietetic profession. Using your learning goals and self-assessment from Assessments 1 and 2, identify potential careers of interest, the skills and content knowledge required to work in these careers, and how you may develop these skills and content through formal study and outside of university life. Feedback will be returned within 10 working days of submission.

Further information

UNSW grading system: <https://student.unsw.edu.au/grades>

UNSW assessment policy: <https://student.unsw.edu.au/assessment>

5.2 Assessment criteria and standards

To be provided via Moodle together with the marking rubric

5.3 Submission of assessment tasks

Late Submission

UNSW has standard late submission penalties as outlined in the UNSW Assessment Implementation Procedure, with no permitted variation. All late assignments (unless extension or exemption previously agreed) will be penalised by 5% of the maximum mark per day (including Saturday, Sunday and public holidays). For example, if an assessment task is worth 30 marks, then 1.5 marks will be lost per day (5% of 30) for each day it is late. So, if the grade earned is 24/30 and the task is two days late the student receives a grade of 24 – 3 marks = 21 marks.

Late submission is capped at 5 days (120 hours). This means that a student cannot submit an assessment more than 5 days (120 hours) after the due date for that assessment.

Special Consideration

If you experience a short-term event beyond your control (exceptional circumstances) that impacts your performance in a particular assessment task, you can apply for Special Considerations.

You must apply for Special Consideration **before** the start of your exam or due date for your assessment, except where your circumstances of illness or misadventure stop you from doing so.

If your circumstances stop you from applying before your exam or assessment due date, you must **apply within 3 working days** of the assessment, or the period covered by your supporting documentation.

More information can be found on the [Special Consideration website](#).

5.4. Feedback on assessment

To be provided within 10 working days of on-time submission.

6. Academic integrity, referencing and plagiarism

Referencing is a way of acknowledging the sources of information that you use to research your assignments. You need to provide a reference whenever you draw on someone else's words, ideas or research. Not referencing other people's work can constitute plagiarism.

Please use Vancouver or APA referencing style for this course.

Further information about referencing styles can be located at

<https://student.unsw.edu.au/referencing>

Academic integrity is fundamental to success at university. Academic integrity can be defined as a commitment to six fundamental values in academic pursuits: honesty, trust, fairness, respect, responsibility and courage.¹ At UNSW, this means that your work must be your own, and others' ideas should be appropriately acknowledged. If you don't follow these rules, plagiarism may be detected in your work.

Further information about academic integrity and **plagiarism** can be located at:

- The *Current Students* site <https://student.unsw.edu.au/plagiarism>, and
- The *ELISE* training site <https://subjectguides.library.unsw.edu.au/elise>

The *Conduct and Integrity Unit* provides further resources to assist you to understand your conduct obligations as a student: <https://student.unsw.edu.au/conduct>.

7. Readings and resources

Please refer to the Moodle site for this information.

8. Administrative matters

Student enquiries should be submitted via student portal

<https://portal.insight.unsw.edu.au/web-forms/>

9. Additional support for students

- The Current Students Gateway: <https://student.unsw.edu.au/>
- Academic Skills and Support: <https://student.unsw.edu.au/academic-skills>
- Student Wellbeing, Health and Safety: <https://student.unsw.edu.au/wellbeing>
- Disability Support Services: <https://student.unsw.edu.au/disability-services>
- UNSW IT Service Centre: <https://www.it.unsw.edu.au/students/index.html>

¹ International Center for Academic Integrity, 'The Fundamental Values of Academic Integrity', T. Fishman (ed), Clemson University, 2013.