

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 or 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:
 - Auckland, hybrid - A mix of face-to-face (Ellerslie, Auckland) and online: 12 x sessions, once a week
 - 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).