

# COURSE OUTLINE

## Part 1

### Healthy eating

Introduction of the Ottawa Charter for Health Promotion (Part 1)  
Food and Nutrition Guidelines for Healthy Adults and Older Adults  
The Language of Nutrition and 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

## Part 2

### Healthy lifestyles

Heart health and risk factors for heart disease:

- Diabetes
- Obesity
- Physical activity
- Tobacco and alcohol

Steps to eating for a healthy heart

Adult learning and engagement - the Pacific way

## Part 3

### Lifecourse nutrition

Nutritional status of Pacific people including children in New Zealand

- Food and Nutrition Guidelines for Healthy Pregnant and Breastfeeding Women
- Food and Nutrition Guidelines for Babies and Toddlers (0-2 years)
- Food and Nutrition Guidelines for Healthy Children and Adolescents

Application of the Ottawa Charter for Health Promotion (Part 2)

Application of the Adult Learning and Engagement - the Pacific way

## Graduation Ceremony

To be advised

## Other Details:

Online Course

- All course resources will be provided.
- The course runs twice a week for a total of eight weeks, with a one week break between parts 1 and 2.
- The course starts each evening from 6pm-7:30pm, a total of 1 ½ hours per evening.
- 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)