

Nutrition case study assessment task:
Students are to select ONE of these case studies to complete.

CASE STUDY ONE

Content links:

- energy input/ output
- Australian guide to healthy eating

Using the Australian Dietary Guidelines and the Australian Guide to Healthy Eating as tools to promote healthy eating

Read the following case study and answer the questions that follow.

Nikita is a 15-year-old girl who attends school five days a week. She plays in the school netball team once a week and also plays in a local hockey team. She trains for hockey once a week and plays a match on Saturday mornings. Nikita eats fairly healthy meals when she is at home with her family; however, she often buys lunch at the canteen and enjoys going out for meals with her friends on the weekend. A typical food intake for one day for Nikita on a weekday would include:

Breakfast	Lunch	Dinner	Drinks	Snacks
2 slices of toast with 1 slice of cheese	1 sausage roll with sauce	1 serve roast chicken ½ roast carrot ½ cup cooked peas ½ roast potato	1 cup tea 4 glasses water	1 apple 1 muesli bar 1 tub strawberry yoghurt 2 chocolate chip cookies

1 Using the information above and Tables 5.1 and 5.2, complete the table below.

Table 5.1 AGHE serving size of food groups for youth

Age and Sex	Vegetables	Fruit	Grain (cereal) foods	Lean meats, poultry, fish, eggs, tofu, nuts, seeds, legumes/beans	Milk, yoghurt, cheese and/or alternatives
Boys 12-13 years	5 ½	2	6	2 ½	3 ½
Boys 14-18 years	5 ½	2	7	2 ½	3 ½
Girls 12-13 years	5	2	5	2 ½	3 ½

Personal Trainer Nutrition Case Study

**Trent Hargens, American College of
Sports Medicine (ACSM)**



Personal Trainer Nutrition Case Study:

Enjoying the Melody of Appearance: An Mental Symphony within **Personal Trainer Nutrition Case Study**

In some sort of used by screens and the ceaseless chatter of quick connection, the melodic beauty and mental symphony produced by the prepared term often fade in to the back ground, eclipsed by the persistent sound and disturbances that permeate our lives. Nevertheless, set within the pages of **Personal Trainer Nutrition Case Study** an enchanting fictional prize filled with natural feelings, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that charming masterpiece conducts readers on a psychological trip, well unraveling the concealed melodies and profound influence resonating within each carefully constructed phrase. Within the depths of this emotional review, we shall discover the book is key harmonies, analyze its enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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