

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

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Table of Contents Personal Trainer Nutrition Case Study

1. Understanding the eBook Personal Trainer Nutrition Case Study
 - The Rise of Digital Reading Personal Trainer Nutrition Case Study
 - Advantages of eBooks Over Traditional Books
2. Identifying Personal Trainer Nutrition Case Study
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Personal Trainer Nutrition Case Study
 - User-Friendly Interface
4. Exploring eBook Recommendations from Personal Trainer Nutrition Case Study
 - Personalized Recommendations
 - Personal Trainer Nutrition Case Study User Reviews and Ratings
 - Personal Trainer Nutrition Case Study and Bestseller Lists
5. Accessing Personal Trainer Nutrition Case Study Free and Paid eBooks
 - Personal Trainer Nutrition Case Study Public Domain eBooks
 - Personal Trainer Nutrition Case Study eBook Subscription Services
 - Personal Trainer Nutrition Case Study Budget-Friendly Options

6. Navigating Personal Trainer Nutrition Case Study eBook Formats
 - ePub, PDF, MOBI, and More
 - Personal Trainer Nutrition Case Study Compatibility with Devices
 - Personal Trainer Nutrition Case Study Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Personal Trainer Nutrition Case Study
 - Highlighting and Note-Taking Personal Trainer Nutrition Case Study
 - Interactive Elements Personal Trainer Nutrition Case Study
8. Staying Engaged with Personal Trainer Nutrition Case Study
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Personal Trainer Nutrition Case Study
9. Balancing eBooks and Physical Books Personal Trainer Nutrition Case Study
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Personal Trainer Nutrition Case Study
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Personal Trainer Nutrition Case Study
 - Setting Reading Goals Personal Trainer Nutrition Case Study
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Personal Trainer Nutrition Case Study
 - Fact-Checking eBook Content of Personal Trainer Nutrition Case Study
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

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