

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

Clemens Wendtner



Personal Trainer Nutrition Case Study:

Adopting the Melody of Term: An Mental Symphony within **Personal Trainer Nutrition Case Study**

In some sort of eaten by displays and the ceaseless chatter of quick communication, the melodic beauty and psychological symphony created by the prepared word usually fade in to the background, eclipsed by the constant noise and interruptions that permeate our lives. Nevertheless, nestled within the pages of **Personal Trainer Nutrition Case Study** a charming fictional prize full of natural feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, this charming masterpiece conducts visitors on an emotional journey, well unraveling the concealed melodies and profound influence resonating within each cautiously crafted phrase. Within the depths of this emotional evaluation, we can explore the book is main harmonies, analyze its enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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