

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

American College of Sports Medicine

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the American College of Sports Medicine text.

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