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 % roast carrot % cup cooked peas % roast potato	1 cup tea 4 glasses water	1 apple 1 muesti 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 1/2	2	6	2 1/2	3 1/2
Boys 14-18 years	5 1/4	2	7	2 1/4	3 1/6
Girls 12-13 years	5	2	5	2 1/2	3 1/4

Personal Trainer Nutrition Case Study

Tom Webb, David J. Hancock, Pamm Phillips, Jacob K. Tingle **Personal Trainer Nutrition Case Study:**

The Top Books of the Year Personal Trainer Nutrition Case Study The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of topselling books, exploring the engaging narratives that have charmed audiences this year. The Must-Read: Colleen Hoovers "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best: Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Personal Trainer Nutrition Case Study: Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a guiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and suspenseful novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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