

**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:

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Drinks</b>	<b>Snacks</b>
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

<b>Age and Sex</b>	<b>Vegetables</b>	<b>Fruit</b>	<b>Grain (cereal) foods</b>	<b>Lean meats, poultry, fish, eggs, tofu, nuts, seeds, legumes/beans</b>	<b>Milk, yoghurt, cheese and/or alternatives</b>
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

**AW Rasmussen**



## **Personal Trainer Nutrition Case Study:**

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