

**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 a 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

- Interactive and Gamified eBooks

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