

# Nutrition

---

***Do you want to understand the contemporary science behind food?***

***Are you interested in studying dietary, lifestyle and healthy eating patterns?***

Students immerse themselves in multiple areas of contemporary science in nutrition. Through their learning students will deepen their knowledge and investigate the impact nutrition has on society. Students study the dietary, lifestyle and healthy eating patterns and understand how nutrients are used in the body.

**SACE Credits**

20 Credits

**Assessment**

Investigations Folio  
Skills and Applications  
Exam

**Subject Length**

Full year

**Prerequisites**

N/A

**Additional Information**

This is a scientific study of Nutrition, not a practical cookery/food subject.

**SACE Link**

<https://www.sace.sa.edu.au/studying/subjects/nutrition>