Subject: Stage 2 Nutrition – Full Year

Course Content
The course content of Stage 2 Nutrition is based on 4 core topics and an elective topic:

Core Topics
- **Core Topic 1: The Fundamentals of Human Nutrition** - Students will develop an understanding of the purpose of food for humans, and learn about the specific nutrients needed to ensure growth, development, health, and well-being.
- **Core Topic 2: Diet, Lifestyle, and Health** - Students investigate the main causes of contemporary disorders related to diet and lifestyle, and identify and analyse strategies to prevent, control, or reverse the main symptoms.
- **Core Topic 3: Food Selection and Dietary Evaluation** - Students are given the opportunity to develop skills in dietary evaluation, menu planning, and food selection based on a sound knowledge of nutritional requirements and awareness of the factors that influence people’s food choices.
- **Core Topic 4: Food, Nutrition, and the Consumer** - Students investigate what consumers need to know in order to make wise food choices.

Elective Topics
**Elective Topic 2: Global Hunger** - Students investigate and develop an understanding of the causes of global hunger and malnutrition.

Assessment
The assessment of Stage 2 Nutrition exists into two parts:

1. **School Assessment** (70% of the student’s final grade)
   Students complete four supervised tasks (‘Skills and Applications Tasks’), three practical reports and one issues investigation (‘Investigations Folio’). These are written and marked by the subject teacher before being submitted for moderation at the end of the year.

2. **External Assessment** (30% of the student’s final grade)
   Students sit a 2-hour exam at the end of the year which accounts for 30% of their overall grade for the subject.