



ADVANCED CERTIFICATE IN NUTRITION

courses4me

**Would you like to speak to one of our
course advisors for further information?**

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Advanced Certificate in Nutrition

A GREAT STARTING POINT IN NUTRITION

Nutrition is in the spotlight as a way to support people to live happy, healthy lives.

A healthy body has a remarkable ability to process and eliminate excess or even harmful foods; eliminating them through the urinary or excretory system, or even through sweat.

However, few people are that healthy; and even those who are, are unlikely to continue disposing of unwelcome chemicals for their entire life. Intolerance can build, and sooner or later the ability to tolerate undesirable foods will decrease, and problems can develop. This course helps you understand what can go wrong, and how to deal with it.

Did you know?

Nutrients are substances that the body needs to function properly, including carbohydrates, proteins, fats, vitamins, minerals, and water. Each nutrient plays a specific role in the body.

About Us

Courses4me is the leader in online education with decades of experience in both public and private education. Our founders have a combined 30 years of expertise in education and training and have joined forces to deliver high-quality, low-cost education to anyone wishing to advance their career.



Accredited by ICOES

International Accreditation

We are proud to announce that all our courses at Courses4Me are accredited by the International Council for Online Educational Standards (ICOES), a respected global organisation dedicated to ensuring the quality of online education. This prestigious accreditation signifies that Courses4Me has met the rigorous standards set by ICOES, solidifying our reputation for delivering excellence in online education worldwide. We are committed to providing high-quality courses and look forward to welcoming students from around the globe to our accredited programs.

Endorsement from IARC

Quality for Excellence in Education

All online courses offered by Courses4me are fully endorsed by the International Approval and Registration Centre (IARC), a quality control system for education programs and courses in international education. Based in Queensland, Australia, the IARC's Committee Board of accomplished education professionals work to endorse quality education courses in the international market. The IARC endorsement ensures that Courses4me maintains a high level of respect in academic circles within a range of disciplines in Australia and beyond.

Course Overview



Duration / Study Method

The course will take approx. 300 hrs to complete. The course is done completely online and from the comfort of your home. We offer self-paced learning and direct tutor support for each individual student.



Payment Methods

Pay for the course upfront for or set up a no deposit interest free payment plan today from only \$25 per week.



Assessments

Includes case studies, quizzes and written assessments, that are marked with personalised feedback. Problem based learning projects working one on one with your tutor.



Support

All students have unlimited access to their very own professional tutor over the phone or via email.



Career Opportunities

Career outcomes/ suitable for anyone wanting to work in:

- Fitness Professionals
- Life Coaches
- Personal or Professional Caregivers, Nannies, Aged Care, Disability
- Allied Medical/ Health Professionals
- Community Health Workers
- Caterers, Chefs and Food Service Staff
- Food Manufacturing/ Wholesale staff
- Health Food Industry Workers

* some career outcomes may require further training and/or qualifications



**ACCREDITED BY ICOES AND
FULLY ENDORSED BY IARC**



**NO PRIOR EXPERIENCE OR
CERTIFICATION NEEDED**



**FLEXIBLE PAYMENT PLAN
(FROM \$25 PER WEEK)**



**100% ONLINE, SELF-PACED
LEARNING COURSES**



Core Modules

Introduction to Nutrition

- Important factors in nutrition
- Ingredients and cooking methods
- Understanding eating
- Major food groups
- Food allergies and Intolerance introduction

Absorption and Enzymes

- Physical and Mechanical breakdown
- Understanding biochemical breakdown
- Biological breakdown
- Digestive Hormones
- Digestive Enzymes
- Absorption - anatomical adaptations for absorption
- Absorption (general)
- Detoxification mechanisms
- The Urinary System
- Physiology of the urinary system
- Skin and sweat glands

The Digestive System

- The Alimentary Canal- Muscular Structures
- Accessory Digestive Organs
- Digestive Tract Linings

Energy Value of Foods

- The science of nutrition
- Diet
- Energy Value in Foods
- Nutrients
- Energy Production
- Basal Metabolic Rate

Carbohydrates and Fats

- Types of Carbohydrates - Monosaccharides, Oligosaccharides and Polysaccharides
- Carbohydrates in the diet
- Carbohydrates in the body
- Alcohol
- Fats and fat biochemistry
- Fats in the diet
- Fats in the body

Core Modules

Proteins

- Uses in the body
- Recommended protein intakes
- Grains
- Vegetables
- Nuts and Seeds
- Beef, Poultry, and Fish (meat structure)
- Meat Quality
- Eggs and Dairy
- Proteins in the diet
- Proteins in the body

Vitamins and Minerals

- The Recommended Daily Allowance
- The Dietary Reference Intake
- Summary of Vitamins
- Fat-soluble vitamins
- Water soluble vitamins
- Common minerals
- Inorganic elements
- The Calcium Debate

Water

- Water in the body (function)
- Water retention
- Water loss and chronic dehydration

Nutrient Disorders

- Selected digestive system disorders
- Vomiting
- Peptic ulcer
- Jaundice
- Lactose intolerance
- Hemorrhoids
- Cirrhosis
- Allergies
- Cholesterol, heart disease, and atherosclerosis
- Bowel Cancer
- Problems with nutrition

Core Modules

Cooking and it's Effect on Food and Nutrition

- The Nutritive Value of Food after Cooking
- Meat and Poultry
- Fish
- Plant Foods – fruits, vegetables, cereals, pulses
- How different methods of cooking and processing effects nutrients in food
- Baking
- Blanching
- Braising
- Grilling
- Poaching and Boiling
- Pressure Cooking
- Roasting
- Sautéing
- Steaming
- Preparing and Cooking Vegetables and nutrient loss management
- The benefits of cooked food
- Preserving the nutrition in food
- Key points for preserving different vitamins
- Set task
- Assignment

Food Processing and Nutrition

- Introduction
- Canning and pasteurisation
- Homogenization and pasteurisation of milk
- Milling and grain processing
- Flours
- How processing affects dietary carbohydrate and fiber
- Effect of wet-heat treatments
- Why do simple carbohydrates leech when wet-heat treated
- Effect of food processing on starch and cellulose
- The fiber in processed flour
- Freezing
- Dehydration
- Effect of soils and fertilisers on food nutritive qualities
- Food additives
- Preservatives –salting, pickling, curing, smoking etc.
- Food allergies
- Flavouring agents
- Additives to enhance colour and appearance
- Sweetening agents
- Emulsifying agents and stabilisers
- Anti caking agents and humectants
- Set task
- Assignment

Core Modules

Recommended Daily Intakes of Nutrients

- Recommended daily intake
- Adequate intake
- Tolerable Upper limits
- Estimated average requirement
- Macronutrient intakes
- RDI for Energy and Protein
- Fats
- AI for Fluids or water
- AI and TUL for dietary fiber
- Requirements for vitamins
- Requirements for Minerals
- Set task
- Assignment

Minerals

- Calcium –the role of, deficiency, toxicity, calcium sources, etc
- Iodine
- Iron
- Magnesium
- Phosphorus
- Potassium
- Sodium
- Other trace elements – chromium, manganese, molybdenum, selenium, Zinc
- Set task
- Assignment

Vitamins

- Hypervitaminosis and hypovitaminosis
- Fat soluble vitamins
- Vitamin A –role, sources, deficiency, toxicity, etc.
- Vitamin D –overview, sources, deficiency, toxicity, etc.
- Vitamin E
- Vitamin K
- Fat soluble vitamins
- Vitamin C
- B group vitamins
- Water soluble vitamins
- Vitamins and the liver
- Vitamins and the bowel
- Vitamins, cancer and chronic diseases
- Set task
- Assignment

Planning a Balanced Diet

- Introduction
- Menu Planning
- Case Study – A day's diet at a residential school
- Plate waste
- Assessing plate waste
- Using a food pyramid
- Steps for approaching diet planning
- Set task
- Assignment

Core Modules

Assessing Nutritional Status and Needs

- Information
- Infants and young children
- Adolescents
- Expectant mothers Post partum and nursing mothers
- Elderly people
- Migrants
- Vegetarian - Diet considerations: protein, amino acids, iron Vitamin B12, Vitamin D, etc.
- Vegan diets and children
- Weight change and snacking
- Set task
- Assignment

- Gluten-free diets
- Low salt, low sodium diets
- Low-fat diets
- Diets to lower cholesterol
- Set task
- Assignment

Timing Meals and Needs of Special Groups

- Introduction
- Diet formulation
- Obesity
- Coronary heart disease
- Dietary risk factors
- Blood cholesterol
- Blood pressure
- Dental cavities
- Dietary fiber and bowel disease
- Diet therapy
- Low energy diet
- Diabetes
- Gastric Diets

Problems With Eating

Dental Problems

Fibre and Bowel Diseases

Different Ways of Eating

Food Toxicity A

Food Toxicity B

Detoxification/Body Cleansing

Consulting/Giving Advice



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