

Faculty of Higher Education

Subject Code	FDS652
Subject Name	Diet and Health in Society
Credit points	6
Study Level	Year 2
Delivery mode	On campus
Location	Melbourne
Prerequisites	None

Subject Coordinator
Lilly Cleary
LillyC@angliss.edu.au

Subject Overview	<p>Diet and Health in Society explores the physical, social and structural determinants of food choices in the modern food system and how they have changed over time. Students will engage with critical perspectives on obesity and public health and examine the role of obesogenic environments in shaping eating practices. Food deserts, lifestyle diseases, food-borne risk, and the emergence of nutritionism are explored, along with the vested interests, discourses, policies and practices at play in the development healthy eating guidelines. The concept of foodscapes will be introduced as it relates to issues of health and wellbeing, and used as tool for mapping and analysing disparities between different food environments. Students will analyse government approaches to policy development as they apply to food and/or farming and their relationship to health.</p>
-------------------------	--

Learning Outcomes	Review the differences between historical and contemporary discourses of nutrition, health and wellbeing
	Examine a variety of social, political and economic structures which affect environmental, human and community health
	Apply a range of disciplinary perspectives to the analysis of health and wellbeing issues in the food system
	Analyse government approaches regarding a food-related policy
	Utilise mapping tools to visually represent and analyse food landscapes in a team environment

Assessments	Details	Weighting
	Essay	30%
	Written submission (800 words)	20%
	Group project (3 students)	50%

Graduate Attributes addressed in this subject	Preparedness
	Ethical and social understanding
	Systematic and coherent body of knowledge
	Cognitive skills to synthesise and consolidate knowledge
	Communication skills