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| **Minor Award Name** | Nutrition |
| **Minor Award Code** | 5N2006 |
| **Level** | 5 |

**Suggested resources to support delivery:**

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| **Theme/Topic** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| **The Book of Nutrition** | Book | This book was written to support those teaching a module leading to Nutrition 5N2006. It provides a definitive and comprehensive presentation of the fundamental principles of nutrition science, with up-to-date analysis on current research regarding the impact of diet on health outcomes. | Author Mary McMahon (Published 2021) | Boru Press <https://www.borupress.ie/bookshop/the-book-of-nutrition> |
| **Functions of food** | Prezi presentation | Covers a basic introduction to the functions of food covering growth and development, provision of energy, maintenance of cells.  Clear presentation with questions at the end. | Christine Lavery  Prezi.com | <https://prezi.com/cpey0fp24enm/function-of-food-in-the-body/> |
| **Nutrients - general functions** | Website  Website | 6 essential nutrients (protein, fat, carbohydrates, vitamins, minerals, water) and their general functions. Good introduction to the nutrients which could be used before addressing each nutrient in detail.  The 6 nutrients and their general functions. More detailed than the above resource, includes types of fibre and breakdown of fats. | Amanda Hernandez  The Dairy Council | <http://healthyeating.sfgate.com/6-essential-nutrients-functions-4877.html>  <http://www.milk.co.uk/page.aspx?intPageID=130> |
| **Energy values & energy requirements** | Website  Website  Book – “Studies in Home Economics” (chapter 8) | Understanding kilocalories, calories and energy balance, burning calories, checking calories in food.  Energy values of different nutrients.  Factors affecting energy requirements of an individual are listed and discussed here. | NHS  New Zealand Nutrition Foundation  Sinead Mc Garvey & Mary Mc Loughlin  Publisher: CJ Fallon | <http://www.nhs.uk/Livewell/loseweight/Pages/understanding-calories.aspx>  <http://www.nutritionfoundation.org.nz/nutrition-facts/Nutrients/energy>  Available to buy from <http://www.bookhaven.ie/product-list/Secondary+School+Books/6th+Year/Home+Economics> |
| **BMR & RNI** | Poster/ Chart  Paper on RNI calculations | BMI - The detailed BMI chart can be used to determine an individual's Body Mass Index from a measurement of their height and weight.  RNI – Definition, RNI figures and how RNIs are calculated. | Health promotion unit.  UK Government Familiy Food | <https://www.healthpromotion.ie/publication/fullListing?category=Healthy+Eating&searchHSE>=  <https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/384775/familyfood-method-rni-11dec14.pdf> |
| **Digestive system** | Website  Book – “Bio”  Chapter 33 | Covers the anatomy and physiology of the digestive system, detailing all of the parts and functuions of each part of the system. Useful hadouts supplied also that test stuendts learning. A blank diagram for students to label, and a diagram with the answers also for teachers/ students.  Explains the difference between chemical and physical digestion, giving examples of each type.  Outlines the process of digestion from mouth to anus. | Enchanted Learning.com  John Loughlin  Publisher: Educate.ie | <http://www.enchantedlearning.com/subjects/anatomy/digestive/>  Available to buy from:  <http://www.schoolbooks.ie/604634-1409-0-%7CEducate.ie%7CBio_-_Leaving_Certificate_Biology> |
| **Fats/ Lipids** | Website  Book  “Studies in Home Economics” (chapter 4) | Details the different types of fats, energy values, structure of fats (including chemical structural diagrams), trans fatty acids, EFAs & non EFAs, fat in the diet, Guideline daily amounts, sources of fats, fat and coronary heart disease and fat and obesity.  Composition of fats/ lipids, chemical structure (including diagrams), essential and non-essential FAs, Cis and Trans FAs, Sources, biological functions and energy values and ways to reduce fat intake. | British Nutrition Foundation  Sinead Mc Garvey & Mary Mc Loughlin  Publisher: CJ Fallon | <http://www.nutrition.org.uk/nutritionscience/nutrients-food-and-ingredients/fat.html>  Available to buy from <http://www.bookhaven.ie/product-list/Secondary+School+Books/6th+Year/Home+Economics> |
| **Carbohydrates** | Website  Book - “Studies in Home Economics” (chapter 3) | Types of carbohydrates (CHO), Sources of fibre, energy values, classification of carbohydrates (monosaccharide, polysaccharides, etc.), sources of CHO in the diet (nice graph), CHO and dental health, CHO and diabetes/ CHD/ Cancer/ Obesity, (links with sections on dental health, diabetes, CHD & obesity).  Composition and structure of carbohydrates (Including chemical structure diagrams), types and sources of carbohydrates (including non-starch polysaccharides), energy values and dietary recommendations. | British Nutrition Foundation  Sinead Mc Garvey & Mary Mc Loughlin  Publisher: CJ Fallon | <http://www.nutrition.org.uk/nutritionscience/nutrients-food-and-ingredients/881-carbohydratesandhealth.html>  Available to buy from <http://www.bookhaven.ie/product-list/Secondary+School+Books/6th+Year/Home+Economics> |
| **Protein** | Website  Book -  “Studies in Home Economics” (chapter 2) | Importance of protein, amino acids, essential amino acids listed, current protein intakes, sources in the diet (nice graph), complementary value of plant protein, and good sources of protein.  Composition of protein (including diagrams), Essential and non- essential amino acids, peptide bonds, condensation and hydrolysis reactions, animal and plant proteins, sources of protein, properties of protein, functions and biological value of protein and energy values. | British Nutrition Foundation  Sinead Mc Garvey & Mary Mc Loughlin  Publisher: CJ Fallon | <http://www.nutrition.org.uk/nutritionscience/nutrients-food-and-ingredients/protein.html>  Available to buy from <http://www.bookhaven.ie/product-list/Secondary+School+Books/6th+Year/Home+Economics> |
| **Vitamins** | “Studies in Home Economics” (chapter 5) | A sufficiently detailed chapter on vitamins covering classification of vitamins. Clear but detailed tables outlining the source, function, deficiency symptom, properties and RDA of each of the vitamins. Good revision questions at end of chapter. | Sinead Mc Garvey & Mary Mc Loughlin  Publisher: CJ Fallon | Available to buy from <http://www.bookhaven.ie/product-list/Secondary+School+Books/6th+Year/Home+Economics> |
| **Minerals** | Book –  “Studies in Home Economics” (chapter 6 ) | A sufficiently detailed chapter on minerals including calcium and iron in detail. Clear tables covering the source, function, deficiency symptom, and RDA of iodine, potassium, sodium and zinc. Good revision questions at end of chapter. | Sinead Mc Garvey & Mary Mc Loughlin  Publisher: CJ Fallon | Available to buy from <http://www.bookhaven.ie/product-list/Secondary+School+Books/6th+Year/Home+Economics> |
| **Preserving nutrients during cooking** | Book – “Studies in Home Economics” (chapter 6)  Website | Effects of cooking and processing on mineral elements.  Ensuring retention of vitamins and minerals in food.  5 ways to retain nutrients while cooking. | Sinead Mc Garvey & Mary Mc Loughlin  Publisher: CJ Fallon  Mitzi Dulan (RD). | Available to buy from <http://www.bookhaven.ie/product-list/Secondary+School+Books/6th+Year/Home+Economics>  <http://nutritionexpert.com/blog/2010/02/5-ways-to-retain-nutrients-while-cooking/> |
| **Food Tests** | Book – “Bio”  Chapter 3  Interactive presentation | Food tests for protein, fat, starch, reducing sugar are outline in detail.  Step by step instructions on how to do them and the equipment required.  Fun, interactive presentation on food tests. May be more useful for students with learning difficulties. | Author: John Loughlin  Publisher: Educate.ie  BBC.co.uk Bitesize. | Available to buy from:  <http://www.schoolbooks.ie/604634-1409-0-%7CEducate.ie%7CBio_-_Leaving_Certificate_Biology>  <http://www.bbc.co.uk/bitesize/ks3/science/organisms_behaviour_health/food_detective/activity/> |
| **Nutritional needs of various age groups** | Book – “Studies in Home Economics” (chapter 10)  Poster/ sticker - Food pyramid for children  Poster/ sticker - Food pyramid for adults | Nutritional needs of the individual throughout the lifecycle, including babies, young children, adolescents, adults, pregnant and breast feeding women and the elderly.  Outlines all elements of a balanced diet. Guides learners in understanding food portions and food choices for a balanced diet in a visual way. Specific to children.  As above, but specific to adults. | Sinead Mc Garvey & Mary Mc Loughlin  Publisher: CJ Fallon  Health Promotion Unit | Available to buy from <http://www.bookhaven.ie/product-list/Secondary+School+Books/6th+Year/Home+Economics>  <https://www.healthpromotion.ie/publication/fullListing?category=Healthy+Eating&searchHSE>= |
| **Menu planning for different age groups** | Booklet  Website  Booklet  PDF | 3 Week Menu Plan (Children)  Covers: 3 weeks of sample menu plans, notes on planning menus, recipes for meals and nutritious snacks.  Fantastic online interactive resource offering menu planning in relation to the following: healthy weight, vegetarians, eating on the go, eating healthily on a budget, eating for an active lifestyle, cooking for one or two made simple, smart everyday meals.  Healthy Eating for pregnancy.  Covers: Why healthy eating is important, Nutrients that need special attention during pregnancy, Using the food pyramid to plan healthy meals, Healthy eating after pregnancy and Key points for healthy eating during pregnancy.  A guide to healthy eating for older adults.  Covers: Weight, Eating breakfast, Assessing appetite, Importance of fruit & vegetables, calcium & protein. Troubles swallowing, biting or chewing. Food for one. How to get the best nutrition for your money. Tips to make grocery shopping easier. Healthy Recipes. | Health Service Executive  Eat Right Ontario, Dietitians of Canada.  Health Promotion Unit  Eat Right Ontario, Dietitians of Canada. | <https://www.healthpromotion.ie/hp-files/docs/HPR00901.pdf>  <http://menuplanner.eatrightontario.ca/MenuPlanner/en/TellUsAboutYourself.aspx>  <https://www.healthpromotion.ie/hp-files/docs/HPM00400.pdf>  <https://www.eatrightontario.ca/EatRightOntario/media/ERO_PDF/en/Seniors/A-guide-to-healthy-eating-for-older-adults-August-2015.pdf> |
| **Food pyramid** | Booklet  Poster  (Different posters for children and adults) | Outlines the food pyramid and food groups in detail and specifies the differences for adults and children. Both the booklet and the posters outline clearly correct portions sizes and daily nutritional needs. The booklet covers a balanced diet also. Stickers also available. Free to order.  These are available to order or download for free once registered as a teacher on [www.healthpromotion.ie](http://www.healthpromotion.ie) | HSE Health Promotion Unit  ([www.healthpromotion.ie](http://www.healthpromotion.ie))  HSE Health Promotion Unit  ([www.healthpromotion.ie](http://www.healthpromotion.ie)) | <https://www.healthpromotion.ie/hp-files/docs/HPM00796.pdf>  Booklet  <https://www.healthpromotion.ie/hp-files/docs/HPM00827.pdf>  Children’s poster  <https://www.healthpromotion.ie/hp-files/docs/HPM00829.pdf>  Adult’s poster |
| **Dietary guidelines** | Video  PDF | Portions sizes.  Covers: identifying correct portions sizes and making it relevant to daily food requirements.  Dietary Guidelines  Details new recommendations for food-based dietary guidelines for healthy eating in Ireland. Outlines the details of the study which informed the new guidelines. States the new guidelines clearly. | Eat Right Ontario, Dietitians of Canada.  Food Safety Authority of Ireland (FSAI). | <https://www.eatrightontario.ca/en/Videos/General-Healthy-Eating/Video-Keeping-your-portions-in-control>  <http://www.food-safety-ireland.com/pdf/FSAI-posters/New%20recommendations%20FINAL.pdf> |
| **Anorexia & Bulimia** | Website  Video  Website | General information about eating disorders. Definitions for Anorexia Nervosa and Bulimia Nervosa. Psychological factors associated with each of these eating disorders. Signs and symptoms of Anorexia and Bulimia.  Thomas Insel (MD, Director of NIMH) discusses eating disorders causes and treatments.  General information and supports about eating disorders. | National Association of Anorexia Nervosa and Associated Disorders  Bodywhys.ie | [www.anad.org/get-information/about-eating-disorders/general-information/](http://www.anad.org/get-information/about-eating-disorders/general-information/)  Link on:  [www.anad.org/get-information/about-eating-disorders/general-information/](http://www.anad.org/get-information/about-eating-disorders/general-information/)  [www.bodywhys.ie](http://www.bodywhys.ie) |
| **Diabetes** | Website  Book –  “Studies in Home Economics” (chapter 10 ) | Living with type 1 and type 2 diabetes, recipes for diabetics, pregnancy and diabetes, risk factors for developing type 2 diabetes.  Description of diabetes and its effect on the body. Description of type 1 and type 2 diabetes. Brief outline of treatments. Dietary guidelines for people with diabetes. | Diabetes Ireland  Sinead Mc Garvey & Mary Mc Loughlin  Publisher: CJ Fallon | [www.diabetes.ie](http://www.diabetes.ie)  Available to buy from <http://www.bookhaven.ie/product-list/Secondary+School+Books/6th+Year/Home+Economics> |
| **Coeliac Disease** | Website  Website  Book –  “Studies in Home Economics” (chapter 10) | Symptoms checklist & coeliac food list.  Description of coeliac disease, symptoms, what gluten is and where it is found.  Brief description of celiac disease. Effects of this on the body and nutritional consequences. Foods to avoid. | Coeliac Society of Ireland  HSE  Sinead Mc Garvey & Mary Mc Loughlin  Publisher: CJ Fallon | [www.coeliac-ireland.com](http://www.coeliac-ireland.com)  [www.hse.ie/portal/eng/health/az/G/Gluten-intolerance/](http://www.hse.ie/portal/eng/health/az/G/Gluten-intolerance/)  Available to buy from <http://www.bookhaven.ie/product-list/Secondary+School+Books/6th+Year/Home+Economics> |
| **Coronary Heart Disease & Hypertension** | Booklet  “Eating for a Healthy Heart”  Book –  “Studies in Home Economics” (chapter 10 ) | Informative booklet which could form the basis of teacher’s presentation or be given to learners as the language is accessible. Outlines the risk factors, healthy weight range, lowering cholesterol, healthy fats, lowering fat in the diet, how to manage blood pressure, tips for eating out/ on the go and healthy meal and snack ideas.  Description of CHD & Hypertension. Causes and risk factors. Reducing risk factors. Foods to avoid. | Health Promotion Unit  Sinead Mc Garvey & Mary Mc Loughlin  Publisher: CJ Fallon | Health Promotion Unit/ Community Nutrition or Dietetic Service / Health Promotion Office in the HSE.  Available to buy from <http://www.bookhaven.ie/product-list/Secondary+School+Books/6th+Year/Home+Economics> |
| **Osteoporosis** | Book –  “Studies in Home Economics” (chapter 10)  Website & Video | Description of what osteoporosis is. Risk factors, prevention of osteoporosis, essential nutrients.  Description of osteoporosis and signs and symptoms. Informative video on osteoporosis. | Sinead Mc Garvey & Mary Mc Loughlin  Publisher: CJ Fallon  Irish Osteoporosis Society | Available to buy from <http://www.bookhaven.ie/product-list/Secondary+School+Books/6th+Year/Home+Economics>  [www.irishosteoporosis.ie](http://www.irishosteoporosis.ie) |
| **Dental Health** | Book –  “Studies in Home Economics” (chapter10) | Common dental problems in Ireland. How food causes dental problems. Foods to avoid in preventing dental problems. | Sinead Mc Garvey & Mary Mc Loughlin  Publisher: CJ Fallon | Available to buy from <http://www.bookhaven.ie/product-list/Secondary+School+Books/6th+Year/Home+Economics> |
| **Food labelling in the EU** | PDF Booklet | Booklet covers all of the most recent legislation on food labelling is covered. Each booklet is broken down under clear headings and is written in simple, clear language. Much more accessible and clearer than the Food Labelling regulations document. | Food Safety Authority of Ireland | <file:///C:/Users/ained/Downloads/Labelling%20Leaflet%202014%20FINAL%20ACCESSIBLE.pdf> |
| **Food Additives** | Book –  “Studies in Home Economics” (chapter 23) | Classification of additives, colourings (E100-180), Flavourings, Sweeteners, Preservatives (E200-290), Antioxidants (E300-321), Nutritional Supplements, Physical Conditioning Agents (E220s-500s), advantages and disadvantages of food additives, safeguards regarding the use of food additives. | Sinead Mc Garvey & Mary Mc Loughlin  Publisher: CJ Fallon | Available to buy from <http://www.bookhaven.ie/product-list/Secondary+School+Books/6th+Year/Home+Economics> |
| **Glycogen loading** | Website | What is glycogen loading (carbohydrate loading), links to performance in sports, when and how to achieve it, common mistakes when glycogen loading. | Australian Sports Commission | <http://www.ausport.gov.au/ais/nutrition/factsheets/competition_and_training/carbohydrate_loading> |
| **Dehydration** | Website  Website  Website | Facts on fluids – how to stay hydrated.  Covers: why fluid matters, dehydration, getting enough, tips to meet fluid needs.  Causes of dehydration are outlined. Risk factors for becoming dehydrated. Fluid requirements. Advice on when to see a doctor regarding dehydration.  Hydration in sport.  Importance of fluid replacement & suitable fluids. | Eat Right Ontario, Dietitians of Canada.  NHS    Australian Sports Commission. (Australian Government) | <https://www.eatrightontario.ca/en/Articles/Water/Facts-on-Fluids-How-to-stay-hydrated.aspx>  <http://www.nhs.uk/conditions/dehydration/Pages/Introduction.aspx>  <http://www.ausport.gov.au/ais/nutrition/faq/hydration> |

**Useful Organisations:**

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| **Name** | **Contact Information** |
| Health Promotion Unit | [www.healthpromotion.ie](http://www.healthpromotion.ie) |
| Safe Food Ireland | [www.safefood.ie](http://www.safefood.ie) |
| Food Safety Authority of Ireland (FSAI) | [www.fsai.ie](http://www.fsai.ie) |
| HSE (Healthy Eating Section) | [www.hse.ie/eng/services/list/4/olderpeople/tipsforhealthyliving/healthyeating.html](http://www.hse.ie/eng/services/list/4/olderpeople/tipsforhealthyliving/healthyeating.html) |
| Eat Right Ontario, Dieticians of Canada. | [www.eatrightontario.ca](http://www.eatrightontario.ca) |
| British Nutrition Foundation | [www.nutrition.org.uk](http://www.nutrition.org.uk) |
| Australian Sports Commission | [www.ausport.gov.au](http://www.ausport.gov.au) |
| Studies in Home Economics (Book) **(Key resource)** | Author: S. Mc Garvey & M. Mc Loughlin |
| Bio (Book) | Author: John Loughlin |

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| **MOOCs (Massive Online Open Courses)** | |
| Free access to online courses  Search regularly for new courses and new start dates | https://www.mooc-list.com/ |