COURSE OUTLINE

NUT602 Healthy Food Systems

School: School of Health - Nutrition and Dietetics

2026 | Trimester 1

UniSC Moreton Bay | BLENDED LEARNING | Most of your course is on campus but you may be able to do some components of this course online.

Please go to unisc.edu.au for up to date information on the teaching sessions and campuses where this course is usually offered.

1. What is this course about?

1.1. Description

In this course you will engage in collaborative action and advocacy for food system transformation. Using a socioecological approach, you will apply principles of sustainability to improve nutrition, health and livelihoods of diverse populations. You will learn about the nuances and interrelationships between dimensions of sustainability and the trade-offs between these for building healthy, sustainable and resilient food systems.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
BLENDED LEARNING			
Learning materials – A combination of pre-recorded videos, readings and associated activities	2hrs	Week 1	12 times
Tutorial/Workshop 1 – Online workshop	2hrs	Week 1	9 times
Laboratory 1 – On-campus class	2hrs	Week 4	3 times

1.3. Course Topics

- Systems theory and thinking
- Food systems and sustainability
- Approaches and strategies for food system transformation
    - Climate change
    - Food and nutrition security
    - Livelihoods
    - Social justice
    - Alternative food production systems
- Food systems and community and individual health outcomes
- Measurement and indicators of food system transformation

2. What level is this course?

600 Level (Specialised)

Demonstrating a specialised body of knowledge and set of skills for professional practice or further learning. Advanced application of knowledge and skills in unfamiliar contexts.

3. What is the unit value of this course?

12 units

4. How does this course contribute to my learning?

COURSE LEARNING OUTCOMES On successful completion of this course, you should be able to...	GRADUATE QUALITIES MAPPING Completing these tasks successfully will contribute to you becoming...	PROFESSIONAL STANDARD MAPPING * Dietitians Australia
1 Coordinate collaborative advocacy for food system transformation.	Empowered	1.1, 1.3, 3.1
2 Apply a socioecological approach to improve nutrition and health of culturally diverse populations.	Sustainability-focussed	2.3
3 Integrate principles of sustainability to inform strategies for complex food system transformation	Knowledgeable Creative and critical thinker Sustainability-focussed	2.1
4 Examine personal and professional knowledge, practices and identity with civic engagement priorities and suggest strategies to enhance future practice	Creative and critical thinker Empowered	1.1.2, 1.1.3, 1.5.1

* Competencies by Professional Body

CODE	COMPETENCY
DIETITIANS AUSTRALIA	
1.1.2	Demonstrates safe practice: Shows a commitment to professional development and lifelong learning
1.1.3	Demonstrates safe practice: Consistently demonstrates reflective practice in collaboration with supervisors, peers and mentors
1.5.1	Demonstrates cultural safety and responsiveness: Acknowledges, reflects on and understands own culture, values, beliefs, attitudes, biases, assumptions, privilege and power at the individual and systems level, and their influence on practice
1.1	Professional Practice: Demonstrates safe practice
1.3	Professional Practice: Demonstrates leadership
2.1	Expert Practice: Adopts an evidence-based approach to dietetic practice
2.3	Expert Practice: Influences food systems to improve the nutritional status of client
3.1	Research Practice: Conducts research, evaluation, and quality management processes

5. Am I eligible to enrol in this course?

Refer to the UniSC Glossary of terms for definitions of “pre-requisites, co-requisites and anti-requisites”.

5.1. Pre-requisites

NUT500 and enrolled in MC001

5.2. Co-requisites

Not applicable

5.3. Anti-requisites

Not applicable

5.4. Specific assumed prior knowledge and skills (where applicable)

It is assumed that students will have prior knowledge of determining public health nutrition priorities of diverse population groups.

5.5. Microcredential Information

Not applicable

6. How am I going to be assessed?

6.1. Grading Scale

Standard Grading (GRD)

High Distinction (HD), Distinction (DN), Credit (CR), Pass (PS), Fail (FL).

6.2. Details of early feedback on progress

Students will receive continual feedback throughout regular workshops over the trimester. Students will also receive feedback from an early summative piece of assessment (Task 1a) to inform future assessments.

6.3. Assessment tasks

DELIVERY MODE	TASK NO.	ASSESSMENT PRODUCT	INDIVIDUAL OR GROUP	WEIGHTING %	WHAT IS THE DURATION / LENGTH?	WHEN SHOULD I SUBMIT?	WHERE SHOULD I SUBMIT IT?
All	1	Artefact - Professional	Group	50%	2500 words	Week 8	Online Assignment Submission with plagiarism check
All	2a	Artefact - Professional, and Written Piece	Individual	20%	1500 words	Week 11	Online Assignment Submission with plagiarism check
All	2b	Oral	Individual	30%	20 minutes	Exam Period	To be Negotiated
All	3	Activity Participation	Individual	0%	You will produce evidence of professional competencies throughout this course. These will be uploaded to your competency portfolio.	Throughout teaching period (refer to Format)	Online ePortfolio Submission

All - Assessment Task 1: Food Service System Audit

GOAL:	The goal of this task is to apply the food service systems model, principles of sustainability and advocacy strategies to identify areas for change within the food service system.
PRODUCT:	Artefact - Professional
FORMAT:	A group assignment and you will submit a report online.
CRITERIA:	

No.		Learning Outcome assessed
1	Coordination of relevant key stakeholders and collaborators within the food service system	1
2	To demonstrate priority areas within food service system to address which considers principles of sustainability and the systems approach	3
3	Strategies to address the identified issue recognise the needs of culturally diverse populations.	1 4

GENERIC SKILLS:	Communication, Collaboration, Problem solving

All - Assessment Task 2a: Strategy plan - written component

GOAL:	The goal of this task is to present a food system plan to address the provided nutrition issue. In this task you will consider the needs of culturally diverse communities, the socioecological model, and sustainability.
PRODUCT:	Artefact - Professional, and Written Piece
FORMAT:	Individual task to be submitted online.
CRITERIA:	

No.		Learning Outcome assessed
1	Knowledge of the socioecological approach and principles of sustainability	2 3
2	Strategies are relevant to the population of interest, and appropriately engage key stakeholders and collaborators.	1 2

GENERIC SKILLS:	Communication, Problem solving, Applying technologies, Information literacy

All - Assessment Task 2b: Strategy Plan - oral component

GOAL:	You will reflect on how your identity and experiences influenced your approach to address the issue provided.
PRODUCT:	Oral
FORMAT:	You will participate in an oral reflective discussion.
CRITERIA:	

No.		Learning Outcome assessed
1	The influence of personal identify and experiences on identified nutrition issues and strategies are addressed.	1 4
2	Reflect and plan relevant strategies to enhance your future dietetic practice.	

GENERIC SKILLS:	Communication, Collaboration

All - Assessment Task 3: Portfolio

GOAL:	The purpose is to upload evidence towards the development of your professional competencies. You will receive feedback on your progression of your competencies during the course. This will contribute to your global competency assessment for the Master of Dietetics (Sports Nutrition).
PRODUCT:	Activity Participation
FORMAT:	You will upload evidence in the form of your food system audit, strategy plan, presentation slides, personal reflection and/or feedback from the teaching team by week 12. NOTE: This assessment task can be chosen as part of Program Portfolio where you will collate various purposefully selected tasks to provide comprehensive information about your progress in developing and attaining Dietitians Australia (DA) competencies for dietetic practice. You will continue to add to your Portfolio over the program, providing a basis for collective decision-making on your progress and stimulating your own learning. You will receive feedback on your progression of your competencies. This will contribute to your global competency assessment for the Master of Dietetics (Sports Nutrition).
CRITERIA:	

No.		Learning Outcome assessed
1	Demonstrate leadership and management for professional practice	1
2	Apply and evidence based approach to practice	2 3
3	Design an approach to improve food systems for better nutrition and health outcomes of individuals and populations	2 3
4	Critically reflect on practice in collaboration with others	4

GENERIC SKILLS:	Communication, Collaboration, Organisation

6.4. Assessment to competency mapping

PROGRAMME DELIVERY MODE	ASSESSMENT TYPE	TITLE	COMPETENCY	TEACHING METHODS
NATIONAL COMPETENCY STANDARDS FOR DIETITIANS IN AUSTRALIA (2021)				
All delivery modes	Activity Participation	Portfolio	1.1.2	Assessed
			1.1.3	Assessed
			1.1.5	Assessed
			1.3.6	Assessed
			1.3.7	Assessed
			1.5.1	Assessed
			2.1.2	Assessed
			2.1.4	Assessed
			2.2.2	Assessed
			2.2.3	Assessed
			3.1.5	Assessed
	Artefact - Professional	Food Service System Audit	1.1.2	Assessed
			1.3.6	Assessed
			1.3.7	Assessed
			2.1.2	Assessed
			2.1.4	Assessed
			2.3.1	Assessed
			2.3.3	Assessed
	Artefact - Professional, and Written Piece	Strategy plan - written component	1.1.2	Assessed
			1.3.7	Assessed
			2.1.2	Assessed
			2.1.4	Assessed
			2.3.1	Assessed
			2.3.3	Assessed
			3.1.5	Assessed
	Oral	Strategy Plan - oral component	1.1.2	Assessed
			1.1.3	Assessed
			1.5.1	Assessed

7. Directed study hours

A 12-unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Student workload is calculated at 12.5 learning hours per one unit.

8. What resources do I need to undertake this course?

Please note: Course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Canvas site– Please log in as soon as possible.

8.1. Prescribed text(s) or course reader

There are no required/recommended resources for this course.

8.2. Specific requirements

Not applicable

9. How are risks managed in this course?

Health and safety risks for this course have been assessed as low. It is your responsibility to review course material, search online, discuss with lecturers and peers and understand the health and safety risks associated with your specific course of study and to familiarise yourself with the University's general health and safety principles by reviewing the online induction training for students, and following the instructions of the University staff.

10. What administrative information is relevant to this course?

10.1. Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Canvas, are electronically checked through Turnitin. This software allows for text comparisons to be made between your submitted assessment item and all other work to which Turnitin has access.

10.2. Assessment: Additional Requirements

Eligibility for Supplementary Assessment

Your eligibility for supplementary assessment in a course is dependent of the following conditions applying:
(a) The final mark is in the percentage range 47% to 49.4%; and
(b) The course is graded using the Standard Grading scale

10.3. Assessment: Submission penalties

Late submissions may be penalised up to and including the following maximum percentage of the assessment task's identified value, with weekdays and weekends included in the calculation of days late:
(a) One day: deduct 5%;
(b) Two days: deduct 10%;
(c) Three days: deduct 20%;
(d) Four days: deduct 40%;
(e) Five days: deduct 60%;
(f) Six days: deduct 80%;
(g) Seven days: A result of zero is awarded for the assessment task.

The following penalties will apply for a late submission for an online examination:
Less than 15 minutes: No penalty
From 15 minutes to 30 minutes: 20% penalty
More than 30 minutes: 100% penalty

10.4. Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Central Examinations
- Deferred Examinations
- Student Conduct
- Students with a Disability

For more information, visit https://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching

10.5. Student Charter

UniSC is committed to excellence in teaching, research and engagement in an environment that is inclusive, inspiring, safe and respectful. The Student Charter sets out what students can expect from the University, and what in turn is expected of students, to achieve these outcomes.

10.6. General Enquiries

For course-specific questions, contact your teaching staff or Course Coordinator.

For other enquiries or to access support, please contact Student Central:

- UniSC Student Central
- UniSC Adelaide Student Central