

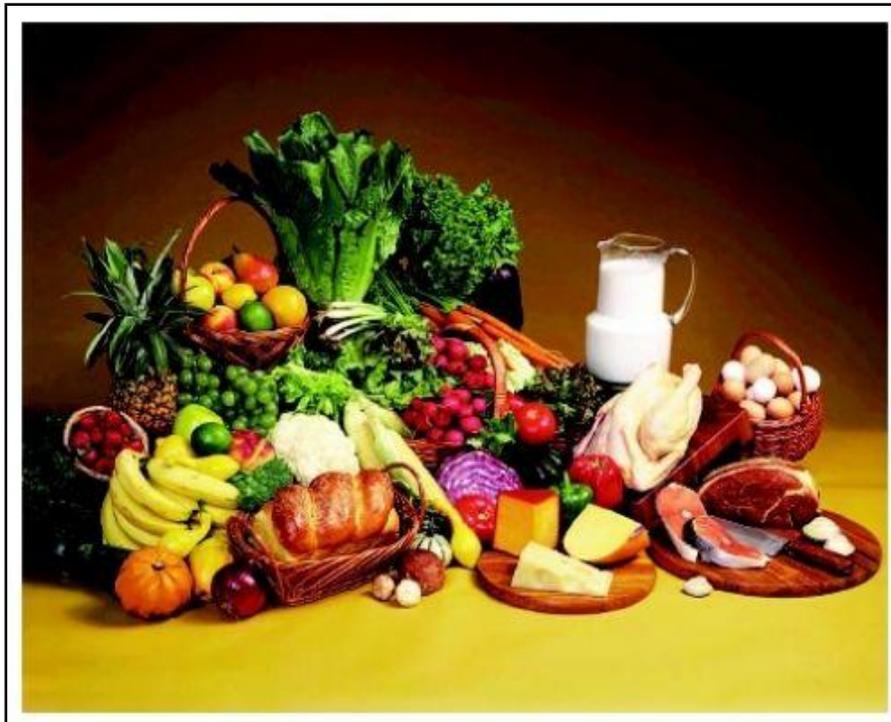
Holistic Health Training Ltd.

[www.hht.co.nz](http://www.hht.co.nz)

# Human Nutrition

A Certificated course about food - what we need to eat, what we should eat lots of, what we shouldn't eat, and why.

Level 5.



Prospectus.



Now available in digital format (flash-drive).



## Overview.

As with all HHT's programmes, this course is not so much a dry discussion of facts as it is a fascinating romp through the vital information around what humans *need* to eat, what we actually *do* eat, what we should eat *more* of - and what we should eat *less* of!

There is good news about dark chocolate, red wine and coffee, and not so flash news about trans fats and cholesterol. It's "need to know" stuff in this modern world where experts are predicting epidemics in diet-related diseases in the near - not distant - future.

The course is written so that if you are a Blank Slate when it comes to nutrition, it's OK. This is especially true for the Chemistry section. On the other hand, if you already have some knowledge, we guarantee there are things you will learn - plus you get the qualification.

We're also out to de-bunk some myths. There are plenty of them out there, and quite a lot of them are not only frankly wrong, they're dangerously wrong. We poke holes in fad diets, corporations flogging empty calories to an unsuspecting public, and self-professed gurus who claim to be experts in nutrition on the grounds of Hollywood stardom.

And as usual with our programmes, we've included some of the weird and wacky snippets you won't find in other courses. Did you know, for example, that the term "limey" comes from Captain James Cook making his sailors suck on a lime every day while at sea to prevent scurvy? And did you know that eating giant fruit bats can be very very bad for your health? Or that the man who discovered vitamins was really Funky? Yup, Kasimierz Funk was the man!

Not only will you learn, you'll have fun 😊.

## Outcomes.

On completion of this course, students can expect to have met the following outcomes.

1. You will have an **overview** of the situation re nutrition in New Zealand, especially with regards to the potential downstream health consequences of an obesity epidemic.
2. You will have an understanding of the **cultural, social, economic** and **political contexts** against which questions of nutrition are played out.
3. Students will have a clear picture of the **significance of good nutrition in normal function** across all health parameters.
4. Students will understand and can explain **basic biochemistry** as it relates to nutrition.
5. You will understand the roles of various foods in the provision of **ENERGY** and **NUTRIENT** requirements.
6. Students can explain the functional differences between the **major food groups** (proteins, carbohydrates and lipids).
7. Students can describe the roles and significance of **vitamins** and **minerals** in the diet.
8. You will be able to analyse and explain the role of the **media**, **marketing**, the **supplementation industry** and **vested interests** in the diet industry and nutrition.
9. Students can **analyse the nutritional composition** of typical meals and **assess** if they meet sensible nutritional guidelines.
10. Students know how to **access further information** from reliable sources.

***NB: completion of this course does not qualify you as a nutritionist.***

**Hours;** **100 hours** of independent study based on course materials provided, plus independent research via the Internet, library, government publications etc. Hours are *estimates* only as time spent depends on individual learning styles, prior knowledge etc.

**Level;** **5** (1<sup>st</sup> year university study).

**Qualification;** **HHT Ltd Certificate in Human Nutrition (100 hours).**

**Assessment;** **One comprehensive written assignment** (open book). Assignment tasks include multi-choice questions, descriptions, definitions, and analysis which will require independent research.

**Support;** **Tutor support** throughout the course available by email or phone. **Resources;** 130 page Module **Manual** - full colour.

**Assignment.**

**Glossary** (alphabetical) of all key terms used in the course.

**Chart showing key food sources** for all major food, vitamin & mineral groups.

*You can order the entire course/assignment etc on flash-drive, and email your completed Assignment to us.*

**Fees;** One-off payment of **\$175.00**, at registration, includes GST. No further fees payable. Fee includes resources, tutor support, assignment marking, and Certificate. Students pay postage for sending assignment (\$2.10) *(N/A if you choose the flash-drive/email option).*

## Contents.

Introduction - the social and political context in New Zealand.

Basic Biochemistry.

Amino acids.

Proteins.

Enzymes, Coenzymes and Cofactors.

Carbohydrates.

Lipids.

Cholesterol.

Alcohol.

Vitamins (fat soluble).

Vitamins (water soluble).

Minerals.

Some special foods and beverages; honey and honey foods, tea (green and black), chocolate, coffee, energy drinks, goji berries (as an example of the "super-food" phenomenon), "energy drinks".

The Processes of Digestion - from oral cavity to anus.

Nervous control of digestive processes.

Summary.

## Legal stuff.

1. **This course is not NZQA-approved.** We have done this for several reasons, the chief one being cost. Approval is now a multi-thousand dollar affair, and would take 6 - 8 months. This cost would then need to be reflected in the course fee. We believe HHT Ltd has sufficient traction as a reputable education provider that we can back ourselves and assume that a Certificate with our name on will carry weight.
2. **However, all NZQA protections apply.** Your fee is payable to a Protection account and you have 8 days from the time you receive the material to return it to us if you decide the course won't suit you. There is a \$10.00 copying and postal charge deducted from the refund. (However, no-one ever withdraws because our courses are fun ☺).
3. **All material is copyright, and all rights are reserved.** Should we find out (and we would, because New Zealand is pretty much a village when it comes to copyright) that you are using the material provided for anything other than your own knowledge, we would take nasty legal steps against you. We keep our fees as low as humanly possible to make material accessible, and expect that people won't rip us off.
4. **Should you have a complaint, please let us know.** You can only complain if you feel we have broken our contract with you - ie/ we haven't provided you with what we said we would. We take all complaints seriously. Well, we would if we ever got any.
5. **There is no time limit to complete the course.** We will ring you or email you if we don't get your assignment back within **three months**. However, there are no deadlines, penalties or late fees.
6. **While all care has been taken, neither HHT Ltd nor its advisors are liable for any errors or omissions.** Also, the political views and personal opinions expressed are the author's, she thinks they are Jolly Good ones and is sticking by them. If you disagree, feel free to argue. Debate is healthy.



**How to register.**

Please complete the following form, and post to the address below. Alternatively you can scan and save it and email it to HHT Ltd. Fees can be paid on-line (preferred) to Student Fee Protection Account, **12 - 3158 - 0086653 -00**, with your name as reference. You can also send a cheque with your form.

Note; Refunds will not be available after 8 days from registration.  
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**Holistic Health Training Ltd**  
**~ NZQA-Registered Private Training Establishment.**  
Ministry of Education # 7648. GST # 85 -019 - 856  
**Human Nutrition.**

Name;.....

Full postal address for course material (please include post-code).....  
.....  
.....

Phone/s;.....

Email;.....

Please tell us how you found out about the course;.....  
.....

Payment; Cheque for \$175.00 payable to HHT Ltd) enclosed for;.....

Or; Internet banking paid (tick);.....

*All student information is protected by the Privacy Act.*

**Signed;**..... **Date;**.....

Please send the completed form with your payment to;

*Holistic Health Training Ltd, 33 School Rd, Mahana, RD1 Upper Moutere, Nelson 7173. You can also scan and email this form. Your Course material will be sent by return post (these days, given the postal service, allow four working days).*