# Written Activity One

## Contexts for Gaining Food Knowledge and Skills

A range of contexts in which food knowledge and skill development. Websites are a common context for people to gain food information and skills.

In small groups, select one of the websites below:

* Dairy Australia: <https://www.dairy.com.au/>
* Meat and Livestock Australia HealthyMeals Website: <https://www.mlahealthymeals.com.au/>
* Nutrition Australia: <https://nutritionaustralia.org/>
* Dieticians Association of Australia: <https://dietitiansaustralia.org.au/>
* Diabetes Australia: <https://www.diabetesaustralia.com.au/>
* Live Lighter Campaign: <https://livelighter.com.au/>
* Rethink your Sugary Drink: <https://www.rethinksugarydrink.org.au/>
* Tryfor5: <https://www.tryfor5.org.au/>
* Nutrition Plus: <https://www.nutritionplus.org.au/>

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| **What website did you choose?** | |
| What food knowledge and skills does this website provide? | How does having this food knowledge and skills benefit individuals, families, and the community? |
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# Written Activity Two

## Fad Foods or Trends

**Select** one of the food fads or trends discussed in the articles listed below.

* <https://www.choice.com.au/food-and-drink/nutrition/sugar/articles/sweeteners>
* <https://www.choice.com.au/food-and-drink/dairy/milk/buying-guides/milk-alternatives>

**Answer** the following questions:

1. What are the different varieties of this food fad or trend that are available for purchase?

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1. Why might this food fad or trend be increasing in popularity?

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1. What kind of evidence-based information was used? How reliable was it?

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1. Was the data that was used accurate? Why? Why not?

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1. Were the sources of information used in the article credible? Why? Why not?

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1. Would you believe the information in this article? Justify your decision.

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# Written Activity Three

## Fad Diets

**Select** one of the fad diets at this link: <https://utswmed.org/medblog/diets-best-and-worst/>

**Complete** the SWOT analysis of this fad diet with theAustralian Guide to Healthy Eating in the chart below:

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| **Strengths** | **Weaknesses** |
| Icon  Description automatically generatedHow is this diet similar to the Australian Guide to Healthy Eating?  Does the diet promote a wide range of food?  Are all five food groups included? | Shape, arrow  Description automatically generatedHow is this diet different from the Australian Guide to Healthy Eating?  Does the diet restrict the amount of food available? |
| **Opportunities** | **Threats** |
| A picture containing clipart  Description automatically generatedWhat opportunities might people who follow the diet have?  Are they still able to socialise easily when on the diet? | Icon  Description automatically generatedWhat problems might arise from going on this diet?  How could this diet impact health in the long term? |

What kind of evidence-based information would need to be used to determine the validity of this diet?

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Make a statement about the nutritional efficacy of this diet.

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Discuss the nutritional efficacy of this diet with the Australian Guide to Healthy Eating.

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# Written Activity Four

## Fad Diet Forum Post

**Read** the forum post below and advise what the poster should do.

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**Provide** some advice on how the forum poster should find the best diet.

In your answer, refer to the three principles of evidence-based research used in the development of the Australian Dietary Guidelines and the Australian Guide to Healthy Eating and how they can be applied to contemporary fad diets.

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