Subject Brief

ENDEAVOUR College of Natural Health

NMSN311

Planetary Health, Sustainability and Nutrition

General information

Awards	Subject type	Study year	Study Semester
Bachelor of Nutrition	Core	Year 3	Semester 6

EFTSL: 0.125

Delivery mode: Online

Co-requisites: Nil

Pre-requisites: NMDI221 Diet and Disease, NMHC211 Health Communication and Education

Subject overview

This subject examines the interrelationship between nutrition, planetary health, and sustainability, with a focus on the ethical obligations of nutrition professionals to understand and promote sustainable dietary practices. Students will explore key concepts such as soil ecology, food systems, and the role of the EAT-Lancet Diet and other plant-based diets in addressing global health and environmental challenges. The course will include evidence-based strategies for integrating sustainability and planetary health principles into personalised dietary plans and public nutrition advice to balance human and planetary health.

Assessments

- Week 7: Recorded Presentation
- Week 12: Written Assignment

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