Subject Brief

ENDEAVOUR College of Natural Health

NMDS112

Sociology of Food

General information

Awards	Subject type	Study year	Study Semester
Bachelor of Health Science (Naturopathy)	Elective	Year 4	Semester 7
Bachelor of Health Science (Clinical Nutrition)	Core	Year 1	Semester 1
Bachelor of Nutrition	Core	Year 1	Semester 1
Diploma of Health Science	Elective	Year 1	Semester 1

EFTSL: 0.125

Delivery mode: Online

Co-requisites: Nil

Pre-requisites: Nil

Subject overview

This subject brings together the disciplines of sociology and nutrition by drawing awareness to the complex influences upon food choices and dietary behaviours, examining the social determinants of health. Sociology of Food provides an understanding of the fundamental theories and sociological constructs to facilitate holistic practice within individual clients and associated communities. This subject builds on students' knowledge and competency in understanding the barriers particular individuals and groups have regarding food choice. Students' will explore and challenge their own personal experiences, attitudes, values, and beliefs related to food choices and behaviours. These learnings aim to enhance the students' social and cultural competency to better meet diverse nutritional needs in client settings, as a clinical nutritional practitioner.

Assessments

- Week 5: Wirtten Assignment
- Week 11: Written Assignment

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