



# Human Nutrition

## *Te Tari Kai Tōtika Takata*

# Nutrition and Health Promotion

## NUTN 402

First semester – 30 points  
Distance taught

This paper is relevant for health and education professionals who want to be better prepared to effectively facilitate eating behaviour change by learning to apply behavioural theories to eating behaviour. It will have relevance for those working as:

- Public health professionals
- General practitioners
- Nurses
- Dentists
- School teachers with a background in biological sciences (e.g. Physical Education teachers, Food Technology or Home Economics teachers)

On successful completion of the paper, participants will be able to:

- Understand the personal, environmental and societal factors influencing food choice.
- Identify and understand the key concepts from behaviour change theories that can be used in promoting eating behaviour change.
- Apply behavioural theory to understanding eating behaviour and facilitating eating behaviour change.
- Describe the strengths and limitations of key behaviour change theories in the context of nutrition.
- Apply behavioural theory with an awareness of the ethical implications of using theory in nutrition promotion.

Note that the paper does not prepare participants to practice as dietitians.

For more information contact

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