

Nutritionist



Complete the following:

1. Know the relationship between nutrients, calories and “food pyramid”/ “MyPlate” and the Scout member.
2. Understand the food nutrition labels.
3. Know the importance of a balanced diet and regular meals.
4. Know the different types of foods (e.g. organic foods, processed foods, genetically modified (GM) foods) and their characteristics.
5. Explain two different handling methods for food safety.
6. Understand the extra nutrition needs of adolescence and the intake methods.
7. Project studies by complete two of the following:
 - (a) Design and execute a two-weeks meal plan for a person who needs to undergo body weight management. The meal plan should include the calories and nutrient levels. Record the changes of the body conditions during the two-weeks, report to assessor and explain the relationship between the meal plan and the body changes.
 - (b) Analyse the calories and nutrient levels of four types of snacks available in the market. Explain the impact of over consumption of snacks to other Scout members and assessors in presentation or other formats.
 - (c) Analyse at least four different dietary styles (e.g. vegan, vegetarian, gluten-free, keto diet, whole foods diet, detox diet, various religious diets, etc.). Compare their characteristics and study how these diets achieve nutritional balance, then share with other Scout members and assessor in presentation or other formats.