

inform

Newsletter of the Home Economics
Institute of Australia (Qld) Inc.
December 2019



Once again, this edition of *InForm* brings to the fore all the exciting things happening in the Queensland home economics professional community. We are pleased to report on the launch of the new *Fashion for the Sun* online resource and the exciting workshop that followed, along with some inspirational ideas from one school's use of the *Fashion for the Sun* materials. Plus, we highlight two exciting upcoming events—the HEIA national 2020 conference, and the release of the third edition of *Nutrition—The inside story*. Also included is news about happenings at HEIA on the national front and a profile of our most recently appointed member of the HEIA(Q) Committee of Management.

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From the President



It is hard to believe that 2019 has come to an end. The year certainly flew by, filled as it was with opportunities and challenges, as we embraced and adapted to changes in our professional sphere. For HEIA(Q), 2019 was an exciting year of highlights, including our professional development offerings, particularly the successful regional workshop program and state conference; the launch of the *Fashion for the Sun* resource complemented by Rycki Symons' entertaining workshop; and the revitalisation of our Committee of Management, amongst many more.

It is prudent to note that for many of us engaged in the new Queensland Certificate of Education system, 2019 has been a year of rapid learning. Working within the Years 11/12 General and Applied subjects has meant that, as a profession, it was necessary to embrace changes to the way curricula, assessment and pedagogy are developed and quality assured. This year our colleagues have participated in the Endorsement process and the submission of Study Plans, which have both challenged and enlightened us. It has been wonderful to see the professional learning communities that have developed to support us all through these changes. Thank you to those who have led the formation of these fantastic networks. As we venture into further Endorsement and the new process of Confirmation in 2020, these professional learning communities will be invaluable. HEIA(Q) wishes to support these networks further in 2020. Please let us know how we can help you to establish and/or maintain these vital forums for professional dialogue.

A key event in 2020 will be the HEIA national conference, to be hosted by HEIA(Q) at the Brisbane Convention & Exhibition Centre during the Queensland school holidays from 28 to 30 September. The program is nearing its final iteration and the conference is shaping up to be a fantastic opportunity to learn and network. Registrations open on Monday 10 February 2020—make sure you have that date marked in your diary so that you can secure your preferred sessions! For more information about the conference, please visit HEIA's national website, www.heia.com.au. As HEIA(Q) will host the 2020 national conference, there will be no HEIA(Q) state conference in 2020. For those who have yet to experience HEIA's national conference, 2020 is the year to do so! I look forward to seeing you there at the academic and social program offerings.

Looking back on 2019, it is timely to take this opportunity to thank all who contributed to HEIA(Q) throughout the year, from those who organised and led professional development opportunities to those who supported colleagues through posts in the Facebook group and sharing ideas in professional development sessions. The altruism of our community results in the success of HEIA(Q). For those wishing to be more involved with HEIA(Q), we will seek nominations for positions on the Committee of Management at our annual general meeting in March 2020. Being part of the committee provides a wonderful opportunity to share with your peers and to lead initiatives that benefit both current and future home economics professionals. If you are interested in learning more about the work of the Committee of Management, please do not hesitate to contact me or any of the other committee members. We are always happy to have a chat and answer any questions you may have.

On behalf of the Committee of Management, thank you for a tremendous 2019. We hope you enjoyed a safe and joyous holiday with family and friends. Please accept our well wishes for the new year. We look forward to a wonderful 2020 filled with exciting opportunities, professional growth and continued connections.

Rosie Sciacca

President, HEIA(Q)

Reminder:

As we will be hosting the 2020 HEIA national conference, there will be no HEIA(Q) state conference in 2020.



Member profile Sharyn Laidlaw



Tell us a little about yourself.

I'm a quilter, teacher and avid foodie. I live in Brisbane with my husband, daughter and two cats.

Where did you study?

After high school I went to Griffith University where I studied Social and Industrial Administration. It was a new concept at the time with over half the cohort being mature-age students. All of the lecturers were required to have a minimum of ten years' business experience.

What was your first career?

I worked in business for the first 17 years of my career: as a buyer with Coles Myer and a merchandise coordinator with Bras N Things, and as the state merchandise manager for Shell. After my daughter was born, I went back to study at Queensland University of Technology (QUT) and obtained my Bachelor of Education. I was fortunate to be awarded a King & Amy O'Malley Trust Scholarship during my time at QUT.

Where have you spent most of your teaching career?

My first teaching job was at Balmoral State High where I was very lucky to work with two extremely experienced and wonderful teachers, Coral Early and Ann Christensen. While I was working with Coral she encouraged me to join the Brisbane East Home Economics District Panel.

For the past five years I have been the Hospitality Head of Department with OneSchool Global. Overseeing the Home Economics/Hospitality departments of four campuses while we have undergone enormous change in terms of curriculum, learning-management systems and student-learning styles, and during organisational restructuring has been exciting and challenging. I've also been part of the Hospitality Studies District Panel for the past four years.

What next in 2020?

I'm taking a break from teaching in 2020. Having just completed the Advanced Leadership Program run by NESLI (National Excellence in School Leadership Institute) I am very interested in addressing the systemic issues affecting our profession. We are working long hours, at night-time and on weekends, when we should be with our families. Like many industries, technology has enabled access to teachers 24/7, with students (and their parents) having unrealistic expectations of response times. In some cases, each lesson is now a fully interactive webpage with links for extension and separate documented activities for students with different ability levels. The same information must be sent to the school administration to three different people in various formats to fulfil other people's requirements. The current expectations of teachers are not sustainable.

Sharyn Laidlaw



HEIA(Q) World Home Economics Day celebration

Since 1982, the International Federation of Home Economics (IFHE) has continued to recognise 21 March as World Home Economics Day (WHED). The day promotes not only the home economics profession, but also IFHE and the theme chosen for the year. In 2020, the theme is 'Housing the Dispossessed'. For more information about the day, head to <https://www.ifhe.org/events/world-home-economics-day/>.

Each year, HEIA(Q) chooses to mark the day with a celebratory toast, congratulating the King and Amy O'Malley scholarship recipients and reflecting on the previous years' highlights. To celebrate World Home Economics Day in 2020, HEIA(Q) invites its members and friends to join us for an afternoon of celebrations, scrumptious food, and networking, along with an electrifying e-textiles tinkering session.

Date:	Saturday 21 March, 2020
Venue:	The Innovation Lab, State Library of Queensland
Time:	2:00 pm-4:30 pm

EVENT HIGHLIGHTS:

- Celebration of the King and Amy O'Malley Scholarship recipients
- An exciting hands-on mini workshop exploring e-textiles through LEDs and conductive thread with your own creation to take home
- Reflection on the past year's progress for HEIA(Q) at our brief AGM
- A delicious afternoon tea overlooking the Brisbane River
- Networking with our fantastic community

BOOKING DETAILS

A link to the online booking system along with the cost will be sent to members.

Fashion for the Sun

Launch

www.fashionforthesun.com.au



On 20 November 2019, HEIA(Q) hosted the launch of the revamped and revitalised *Fashion for the Sun* resource. Now totally online, HEIA(Q) created this resource in partnership with Queensland Health, which also funded the initiative.

The room was at capacity with 40 HEIA members plus invited guests in attendance for the launch.

HEIA(Q) President Rosie Sciacca welcomed HEIA members and the invited guests:

- Jodie Antrobus, Acting Advanced Policy Officer, Queensland Health, who represented Queensland Health on the *Fashion for the Sun* project
- Chris McMillan, Chief Executive Officer, Cancer Council Queensland
- Lisa Newmann, Senior Health Promotion Officer, Queensland Health
- Paige Preston, Policy Advisor, Cancer Council Queensland
- Kay York, President, HEIA, and Learning Area Manager (Technologies and Health and Physical Education), Queensland Curriculum and Assessment Authority
- Janelle Butteriss, Principal Project Officer, Department of Education and Training
- Jenene Rosser, Executive Manager (Curriculum and Assessment), Independent Schools Queensland
- Nadine Schmoll, Learn Curator, Museum of Brisbane
- Phoebe Connor, Learning Coordinator, Museum of Brisbane
- Dr Jay Deagon, Senior Lecturer, CQUniversity.

Rosie welcomed the five HEIA(Q) members who had developed the resource, and also gave a special welcome to Rycki Symons from the Creative Hub Academy, who had flown all the way from Bali to attend and to present his fashion design workshop following the launch.

Representing Queensland Health, Jodie Antrobus gave a short presentation on the statistics and trends related to skin cancer. She noted that:

- Australia has the highest rates of melanoma and non-melanoma skin cancer in the world
- in Australia, there were 310 deaths due to melanoma in 2016
- there is irrefutable evidence that exposure to UVR (ultra-violet radiation) causes skin cancer
- the majority of cases of skin cancer are preventable, but this requires consistent use of sun-protection behaviours all year round.





Josie Antrobus (Queensland Health) showed a graph showing the trends in melanoma incidence in Queensland by age group from 1982 to 2014, noting that the incidence has plateaued for the younger age groups, but continues to soar in older persons. With the target group of *Fashion for the Sun* in mind, Jodie added that skin cancer is the most commonly diagnosed cancer for 15-29-year olds and that in 2018, 55 per cent of 12-15-year olds and 52.5 per cent of 16-17-year olds reported being sunburnt in the previous twelve months. She noted that people who receive five severe sunburns more than double their risk of developing melanoma.

With those sobering thoughts in our minds, HEIA(Q) President Rosie Sciacca and *Fashion for the Sun* project leader Dr Janet Reynolds explained the history of the initiative, and showcased the new digital resources and how to access them. *Fashion for the Sun* was originally developed in 2002 as a hard-copy monochromatic resource, to educate students about the importance of sun safety and the rising risks of skin cancer. The updated version of *Fashion for the Sun* is a colourful, vibrant, interactive resource that is mapped to the *Australian Curriculum*. It provides worksheets, BCC

PowerPoint presentations, teacher notes, practical tasks and scaffolding for students to engage with, and activities and assessments that highlight the importance of sun safety and the risks of skin cancer. These comprehensive, eye-catching and engaging resources can all be accessed online free of charge, courtesy of funding provided by Queensland Health.

Accompanied by MC and HEIA(Q) Vice President Aileen Lockhart, Rosie concluded by acknowledging all those who had contributed to the development of the revamped resource:

- Thanks went to Queensland Health who provided the generous funding for its development. Initially, Queensland Health provided funding to conceptualise and develop the materials. The department then funded the development of all the artwork and graphics, and conversion of the many Word documents into online resources. Rosie acknowledged that, as HEIA(Q) could not have funded this project, without Queensland Health's support we would not have this fabulous resource.
- In particular, Rosie thanked Acting Advanced Health Promotion Officer Jodie Antrobus for negotiating with Queensland Health for the funding required for the resource as well as for providing valuable technical advice to the team that developed the resource.

- Thanks were also extended to the team of HEIA(Q) members who developed the resource:
 - Kylie King
 - Janet Reynolds
 - Rosemarie Sciacca
 - Jill Shehab
 - Kay York.
- Rosie also acknowledged and thanked John and Kim Plant, the very talented designers from Zoux, who used their creative talents to convert hundreds of pages of Word documents into the fabulous online resource that is now available.

To conclude the launch, Chris McMillan, Chief Executive Officer of Cancer Queensland officially launched the resource and proposed a champagne toast to the success of *Fashion for the Sun*.

Following the toast, Rycki Symons gave a presentation on fashion illustration using his 10-step approach to fashion design. During this interactive workshop members were given the opportunity to use some of Rycki's templates and to develop and practice their sketching skills.



Sun safety myths and facts

Fact (True) or Myth (False)

Sunscreen provides enough sun protection.

Skin cancer is a less serious form of cancer because it can easily be cut out.

Skin cancer mainly happens to younger people.

Skin cancer is caused by sunburn.

- 6 You only need sun protection on hot, sunny days.
- 7 You only need sun protection between 10am and 2pm.
- 8 Tanning lotions and sprays protect your skin from UVB.
- 9 Using a sun bed is safer than tanning in the sun.
- 10 You need to deliberately expose your skin to the sun for vitamin D.



Fashion for the Sun at St John Fisher College



In Term 4 of 2019, St John Fisher College 10DTMAT students implemented *Design Challenge 1: Campaign against skin cancer*—The textiles way, from the newly released *Fashion for the Sun* resource www.fashionforthesun.com.au.

The task was to design a slogan and logo that promotes sun-safe behaviours to young Australians, the demographic most at risk of overexposure to the sun and, consequently, skin cancer. Students transferred their designs on to ready-made T-shirts.

While student designs were creative and very innovative, the most important takeaway was the knowledge and understanding the students gained of the dangers and risks of sun damage to our skin and our health.

I have attached the 10DTMAT task to show how the *Fashion for the Sun* design challenge was presented to students at St John Fisher College. Our students produced the slogans and logos shown here.

Jodie Trounce

St John Fisher College, Bracken Ridge



St John Fisher College

BRACKEN RIDGE

goodness · knowledge · discipline

STUDENT		PC
TEACHER	Mrs Trounce	

Subject	10 Design and Technology - Materials	Instrument No.	5
Technique	Design and construction challenge		
Unit	Designing for a client		
Topic	Fashion for the Sun		

Conditions			
Duration	6 weeks		
Mode	Folio & Product	Due Date: Friday 15 th November 2019 Checkpoint: Friday 25 th November 2019	Length: 2-3 A3 pages
Other	<ul style="list-style-type: none"> Folio to be completed on A3 paper. Design sketches are to be attached to A3 folio 		
Context			
<p>"It's that time again. Time to be out bike riding, walking, skateboarding, going to the beach or the pool, or just hanging out with friends. And someone will probably be saying, "Don't forget your hat! Put on your sunscreen!" These are great messages-after all, young people are most at risk of getting skin cancer and Australia has one of the highest rate of skin cancer in the world. But let's be a bit more creative in getting the sun-smart message out to young people."</p> <p style="text-align: right;">Cancer Council of Australia</p>			
Task			
<p>You have been commissioned by the Cancer Council of Australia, Marketing and Education Division to promote sun-safe behaviours to Australian teenagers.</p> <ul style="list-style-type: none"> You are to design a sun-safe slogan and/or logo and produce it on a readymade textile item such as t-shirt, beach bag or hat. The slogan and/or logo must be clear and catchy. It must engage teenagers. 			

- STEP 4: Initial design sketches**
Create ideation sketches of your slogan and/or logo using yellow trace. Consider data gathered from your schematic sketch.
- Step 5: Design development and iteration**
Use SCAMPER strategies to improve your design.
Combine the best aspects of multiple designs from initial sketches to produce your final sketch.
- STEP 6: Presentation sketch of design solution**
Produce a final annotated, detailed design sketch showing your final design solution for the slogan and/or logo and its placement on the textile item.
- STEP 7: Source your readymade textile item**
This is your prototype used for the pitch to your client.
- STEP 8: Prototype**
Digitally transfer slogan and /or logo to your readymade textile item.
- Step 9: A written pitch to your client**
 - Write a 2-minute **pitch** to your client- Cancer Council of Australia, Marketing and Education.
 - Justify and recommend** the prototype of your textile item and how it meets the intended purpose of the design challenge.
 - Use the HAMMER paragraph structure for your pitch.
 - Include an image or visual showing your design solution.

COGNITIVE VERBS

Cognitive verbs are the key skills that students will be expected to use across all senior subjects.

Identify each of the 15 cognitive verbs found in this task by highlighting each one.
List them here.

It will be digitally transferred to your chosen textile item.
The design of the slogan and/or logo must appeal to your end user and be effective for its intended purpose.

which records the creation of your design solution will be developed.
Design ideas will be communicated by using design sketching.
You will be required to present your design pitch.

Folio Generation

Folio is to include:

- STEP 1: Breakdown of the design brief**
State what the task is requiring you to do.
List all considerations and limitations to the task.
- STEP 2: Relevant research that relates to the design problem**
Gather further data that you will need to produce your solution to the design problem by generating research. In your sketch include a sketch OR documenting in note form to record and organise your research. In your sketch include:
 - What are the requirements for the slogan and/or logo and the textile item to be produced?
 - What are the requirements for the slogan and/or logo and the textile item to be produced?
 - Identify your end user profile and their aesthetic.
 - Programs already in place aimed at your end user. Reasons why they have or have not been successful.
 - Young people and sun-safety
 - How will your slogan and/or logo appeal to your end-user?
 - Reasons behind why young people are at a high risk of getting skin cancer.
 - How much time is allowed for construction of this task?
 - What type of skills will I need to be able to complete this task?
 - What level of skill will I need to be able to complete this task?
 - Where or how can I access assistance throughout this project?
- STEP 3: Identification of stakeholders and information required from stakeholders**
Explain who the stakeholder is in this design problem.
List questions, information or any facts that need clarification from the stakeholders that will help your understanding of what you need to know to provide a successful design.

Syllabus Objectives	A	B	C	D	E
	The folio of a student's work has the following characteristics:				
Knowledge and Understanding	thorough explanation and application of relevant key concepts	detailed explanation and application of relevant key concepts	explanation and application of key concepts	simple explanation of key concepts	identification of aspects of key concepts
Skill	refined variety of design skills and a quality prototype that enhances the intended purpose	refined design skills and a quality prototype for the intended purpose	design skills and a prototype for the intended purpose	elements of design skills and a prototype	elements of design skills and an unresolved prototype

Criteria	Standard Awarded
Knowledge and Understanding	
Skill	

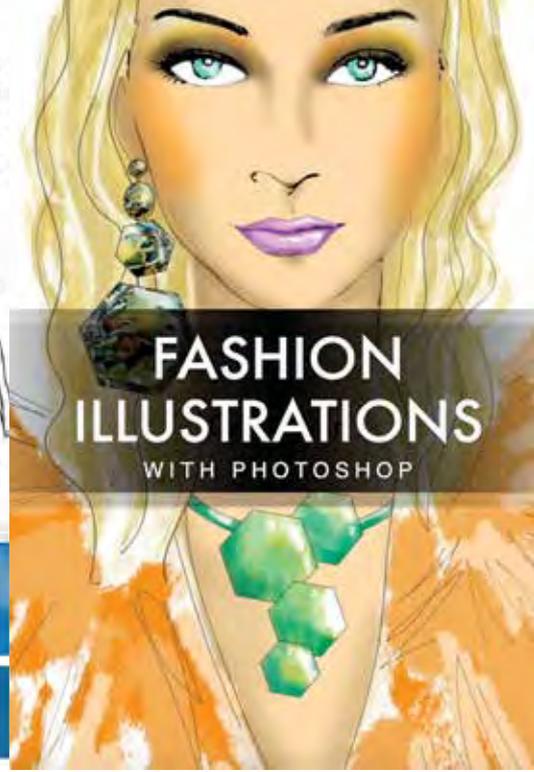
Feedback:



FASHION FOR THE SUN | SURF SUIT



GARMENT DESCRIPTION
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FASHION ILLUSTRATIONS

WITH PHOTOSHOP



CREATING BETTER FASHION DESIGN RESOURCES FOR TEACHERS & STUDENTS



10 STEPS
 TO FASHION
 DESIGN



FASHION & TEXTILES FOR TRAINERS



Fashion

After 10 years of developing and testing this digital fashion-illustration training program in high schools, the program was finally launched at the HEIA(Q) 2019 state conference, and made available to all schools across the country. This program is now available to all teachers and students across Australia by logging in to an online portal.

The program has been designed by Rycki Symons, who also presented the program to teachers at a 60-minute workshop at the HEIA(Q) 2019 state conference, which was extremely well received. The program promises to provide amazing support to teachers and to become the benchmark in training for fashion design and illustration for high schools across the country.

Having run the Academy of Design, a creative industries college, for over 17 years Rycki is now taking curriculum to where it is most needed and making it accessible for all. 'It is our commitment as trainers and educators to raise the standard of our educational programs across Australia and make sure that the student sitting at Ayers Rock High School gets the same content and accessibility to these programs as everyone else. This is why online programs will be the greatest support and strength to high school learning in the future', says Rycki.



illustration for Home Economics

Already the schools that have embraced this training have seen an incredible rise in standards. All Saints Anglican School on the Gold Coast has been an integral part of the trial and testing of these programs over the last 10 years. The Fashion course at All Saints Anglican School has proven to be one of the best in the country. Its Threads fashion event each year is a true testament to the school's great success in incorporating the training into its teaching.

Rycki explained that over the last 10 years the program has been tested and refined to its present engaging and effective form. It gives students access to really amazing resources and training that is usually reserved for those studying at the tertiary level. The portal has all the information needed to guide both trainers and students. It is extremely user-friendly, thanks to its step-by-step video tutorials, and downloadable handouts and lessons.

Part of developing the program was to base the illustration component on templates so that every student—with or without natural illustration ability—has the tools to help them undertake the program with confidence. The template-based approach led to the creation of the online portal that students across the country can now access.

Rycki also stresses that the program has brought huge relief to teachers and trainers who don't have the time or the skills to illustrate at this level, allowing them to base their requirements around the program and just facilitate the training.

Rycki adds that using online training doubles or even triples the classroom time allocation for the fashion design and illustration components. Today's students understand online training and are naturally drawn to this style of education. Using the online format means that not only can 30–40 hours of training be completed outside of the classroom, but also this using the format results in a much higher level of creative engagement than students would experience during 40-minute classes.

High training demand meant that the *Fashion Illustration with Photoshop* course was the first program to be created. The *10 Steps to Fashion Design* course was launched in November 2019. *Fashion Illustration Advanced* is in the pipeline and will be available in 2020.

A Facebook group has been created to open conversations and support for home economics teachers only. Rycki, along with Audrey Mates-Bills, National Sales and Marketing for Creative Hub Academy, will be available online to help introduce this program across the country by mid 2020.

Rycki believes that creating a strong community of teachers, building an amazing support network around these programs, and getting feedback from the community will create the pathway to success for all the Home Economic departments across the country and provide for growth and development in the future.

At a glance:

- High-quality training in digital fashion design and illustration for teachers and students
- Available now:
 - *Fashion Illustration with Photoshop*
- Available soon:
 - *10 steps to Fashion Design*.

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Facebook group, for Home Economics teachers ONLY:

www.facebook.com/groups/3536351666390405/

Rycki Symons:

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Facebook: www.facebook.com/Rycki-Symons-Fashion-Illustrator-1955342198010931/

www.facebook.com/Rycki-Symons-Fashion-Illustrator-1955342198010931/



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griloprotein.com.au/workshops-edible-bugs/

News from HEIA national Council



Over the weekend of Saturday 30 November and Sunday 1 December 2019, the national HEIA Council met in Sydney for its final quarterly meeting of 2019. Over the course of a year, the Council meets face-to-face twice, in March and December, and the other two quarterly meetings are conducted online. The face-to-face meetings are conducted over a weekend and this extended time, along with the opportunity for divisions to bring an observer, provides the Council with the opportunity to delve deeper into strategic priorities, and to develop comprehensive plans to sustain and enhance member services. The HEIA Council comprises the president, past-president or president-elect, and a delegate from each state and territory.

At its final meeting for the 2019, members of the HEIA national Council tabled and discussed a variety of initiatives and services that will evolve in 2020.

One of the key highlights of the meeting was analysing the data from the recent member survey. The data and feedback from the survey was invaluable and provided insight not only for HEIA Council but also for divisions in ways to improve and sustain member services. The key messages from the survey were explored thoroughly and formed a framework for discussions for the remainder of the weekend meeting.

A clear message across the survey was the need for improvements to member resources. One of the strategies HEIA plans to support these improvements is a revitalised website. Over the weekend, Council members explored and tested the new HEIA website. It is currently being fine-tuned and will be released in the near future.

Further to this will be the release of the revised *Nutrition—The inside story* publication. The book is in its final stages of editing and it is anticipated that the resource will be available to order early in 2020.

Professional development and career progression were also focal points in the survey data. Both the Membership Standing Committee and the Professional Development Standing Committee have formulated plans to support members in these ventures in 2020.

HEIA(Q) 2020 state conference?

No, not in 2020.

As many of you have gathered, HEIA(Q) will not be holding a one-day state conference in 2020. Instead, HEIA(Q) will host the three-day HEIA national conference in Brisbane from 28 to 30 September 2020, at the Brisbane Conference & Exhibition Centre at South Brisbane. Many HEIA(Q) members will be familiar with this venue as it has been the home for HEIA(Q) state conferences for many years now.



Key strategies within this space include the 2020 HEIA national conference, access to online learning opportunities and the establishment and maintenance of professional learning communities across divisions. Watch this space! Exciting things are planned for 2020 for participants and contributors!

As previously mentioned, the 2020 HEIA national conference will be a highlight in 2020. The conference will be held at the Brisbane Convention & Exhibition Centre from 28 to 30 September 2020. Registration will open on Monday 10 February 2020. The diverse academic and social program is shaping up to be an unmissable professional learning and networking event—I suggest that you register early to avoid disappointment!

The recognition of members who have made a significant contribution to HEIA and/or the home economics profession was also a key talking point at the meeting with the release of the HEIA Awards nomination form. All HEIA members are encouraged to consider people suitable for a HEIA Fellowship, HEIA Leadership Award or a HEIA Service Award. Selection criteria

and nomination forms are available by contacting the HEIA Administration Manager via email at heia@heia.com.au. We have such a fantastic professional community that is bolstered by individuals who support the profession in myriad ways; it is important that these contributions are acknowledged.

In 2020, HEIA will develop its new Strategic Plan to provide a framework for Council over the coming years. Members will be invited to contribute feedback about the association and its priorities. This feedback will provide Council with varying perspectives and will facilitate a holistic Strategic Plan for HEIA that will effectively support its members. Members are encouraged to provide feedback when invited to ensure all viewpoints are considered.

Rosie Sciacca
President, HEIA(Q)





2020 National Conference | 28-30^{Sept} Brisbane Convention & Exhibition Centre



home economics

Speak out

Get fired up!

igniting critical agendas

Some of the star-studded keynote speakers in the food space

While we still have to confirm some of our keynote speakers—who are sure to inspire and maybe surprise—the HEIA Conference Committee is pleased to announce a star-studded line-up of those who have already committed to present in the food space. Inspired and perhaps a little daunted by the theme of ‘critical agendas’, our keynote presenters had no trouble working out just what was needed. HEIA is pleased to announce the keynote speakers who will address a raft of critical agendas related to food, and an outline of what they will present.

Critical agendas

Keynote speakers

Site visits

Pre- and post-conference hands-on workshops



Our food system is in crisis and needs urgent attention

Dr Rosemary Stanton
Dr Sandro Demaio
Dr Nick Rose

Climate change is forcing us to face up to many crises including devastating effects on biodiversity, food production, public health and equity. Many reports, including *The EAT-Lancet Commission on healthy diets from sustainable food systems*, (and the associated planetary health diet), UNICEF's *The State of the World's Children's Report*, the *Lancet* series on *The Double Burden of Malnutrition*, and the World Resources Institute's extensive recommendations for sustainable global food systems provide evidence that our food systems need urgent attention.

In spite of the problems, there are viable solutions. To put these into practice, we need to understand the facts and how and where we can make appropriate changes.

Australia needs a national nutrition policy. We also need appropriate action on food security for all and to stem the obesity epidemic that exacerbates many health problems. Above all, we need to teach the public—including, indeed, especially, children—much more about the dietary patterns that will help rather than hinder improvement in global warming, better health, social justice and equity.

This session will discuss not only the big-picture issues, but will also help focus our attention on solutions to these issues—all of which are vitally important to our future.



Dr Rosemary Stanton

Dr Rosemary Stanton OAM has been a public-health nutritionist for over 50 years. Her Order of Australia was awarded for her contributions to public health through nutrition and in 2019 she was awarded the Public Health Association's highest award, the Sidney Sax prize. Rosemary has authored many scientific papers, 33 books (including several textbooks) and over 3500 articles for the popular press. Her independent stance has also made her a popular media commentator.

Rosemary was a member of the working group for the *Australian Dietary Guidelines* and the *Infant Feeding Guidelines* and is currently a Visiting Fellow in the School of Medical Sciences at the University of New South Wales. She is also an invited member of the Scientific Committee for Doctors for the Environment and urges us to think more about our food—where it comes from, how to grow and prepare it, how it affects our health and how our choices impinge on climate change. Rosemary has a keen interest in the *Lancet Series* and has been heavily involved in responding to public criticism.



Dr Nick Rose

Sustain: The Australian Food Network

Dr Nick Rose is a specialist in sustainable food systems, food sovereignty and food security. He co-founded and coordinated the Australian Food Sovereignty Alliance (2010–2015) and is currently the Executive Director of Sustain: The Australian Food Network. *Sustain's* mission is to design and build better food systems. *Sustain* is working with diverse organisations and institutions to deliver two major projects based on a collective-action approach—Cardinia Food Circles and the Melbourne Food Hub. Both these projects are the first of their kind in Australia. The aim is to create models and pilots that can be adapted and replicated across the country to drive the urgent transition to healthy, sustainable and fair food systems. Nick is a Churchill Fellow, and is published widely. He is the editor of *Fair Food: Stories from a Movement Changing the World* and co-editor of *Reclaiming the Urban Commons: The Past, Present and Future of Food Growing in Australian Towns and Cities*.



Dr Sandro Demaio

CEO, VicHealth

Dr Sandro Demaio is a medical doctor and globally-renowned public health expert and advocate. Sandro previously worked for the World Health Organization and was CEO of the EAT Foundation, the science-based, global platform for food-systems transformation. He also co-founded the *NCDFREE* global social movement (NCD = non-communicable disease), a global social movement against chronic disease that reached more than 2.5 million people in its first 18 months, and established a not-for-profit foundation to improve the health and nutrition of Australian kids. Sandro has published many scientific journal articles and is author of *The Doctor's Diet*, a cookbook based on science and inspired by a love of good food. He also co-hosts the ABC television and Netflix show *Ask the Doctor*.

*Eat better, think better, feel better!
Why helping people improve
nutrition should be a priority.*

Professor Clare Collins
Priority Research Centre for
Physical Activity and Nutrition,
Faculty of Health and Medicine,
The University of Newcastle

Nutrition is an important but commonly overlooked contributor to good health. Globally, poor dietary patterns contribute to one in five deaths. In Australia, poor eating habits contribute substantially to Australia's burden of disease and to diet-related health conditions, including heart disease, type 2 diabetes and some specific types of cancer. The Priority Research Centre for Physical Activity and Nutrition's systematic review of diet quality and health highlighted that there is a reduced risk of illness and death amongst those with better diet quality.

What people eat is potentially modifiable, if they have the knowledge, skills, support and opportunity to eat better. Research has helped identify which dietary habits of children and their families are amenable to change. Evaluations of research studies published to date indicate that parents are able to reduce the total amount of food and the number of energy-dense, nutrient-poor 'junk' foods offered to their children. In intervention studies, they have also been shown to be able to increase their children's intakes of nutrient-dense foods, such as vegetables

and fruit, when provided with relevant nutrition advice. However, accessing nutrition expertise can be challenging. One way to overcome some barriers related to this access is through the use of information technologies to deliver nutrition information, and to facilitate access to effective programs and nutrition support. Challenges and opportunities in translating results from efficacious nutrition interventions to effective programs using technologies will be discussed.

We need to work together to provide children and their parents with good advice and food-based guidelines that are achievable and that support healthy growth, brain development and wellbeing. Practical recommendations for improving dietary patterns and nutrition-related health and wellbeing for Australians will be presented.



Professor Clare Collins

Professor Collins is an National Health and Medical Research Council Senior Research Fellow, Director of Research for the School of Health Sciences, and Deputy Director, Priority Research Centre in Physical Activity and Nutrition at the University of Newcastle. She leads the largest team of research dietitians internationally in developing food and nutrition eHealth tools, programs and evaluating the impact on eating patterns and diet-related health across key life stages and chronic disease conditions. Clare has published over 350 manuscripts and supervised 28 higher-degree research candidates to completion. She is a Fellow of the Dietitians Association of Australia (DAA). In 2018 she was awarded the DAA President's Award for Innovation in Honour of the Memory of Josephine Rogers and in 2017 was named the Hunter Medical Research Institute's Researcher of the Year.

A sought-after media commentator, Clare is a regular guest of Dr Karl on Triple J's *Science Hour* and has presented for ABC TV's *Catalyst* program. She co-created the Massive Open Online Course (MOOC), *The Science of Weight Loss: Dispelling Diet Myths*, which has been completed by over 50 000 people across 180 countries. Clare is the most read Australian contributor to The Conversation theconversation.com, having published more than 80 articles, which have been read by 8.5 million people



Lucas Becker

Lucas co-founded Grilo® Protein and is the very enthusiastic team leader responsible for Grilo's supply chain. His passion for health food brought him into the realm of edible insects. He is a surf lover, world traveller and trains in the martial art of Brazilian Jiu-jitsu to keep strengthening his mind and body.

Food futures. How do we feed the world's growing population without wreaking havoc on the environment?

Lucas Becker

Grilo® Protein;

Dr Joel Gilmore

The University of Queensland;

Dr Lee Hickey

The University of Queensland; and

Professor Louwrens Hoffman

The University of Queensland

One thing is certain: new technologies, new techniques, and new foods sources will be essential—from GM (genetically modified) foods, to cultured meats and insects, and novel vegan food products. Most importantly, in this world of fake news, how do we communicate the evidence-based science behind these emerging technologies?

Our panel includes some of Queensland's top scientists and communicators. **Dr Lee Hickey** has played a key role in developing innovative plant-breeding technologies that are helping to fast-track the development of more robust and productive crops for our future. Grilo® Protein co-founder **Lucas Becker** and his team have been leading the edible-insect movement in Australia for the last four years. **Professor Louwrens Hoffman** is a meat scientist who specialises in factors that influence meat quality and the ability to process exotic proteins such as meat from wild ungulates (hoofed mammals) as well as from insects and lately, lab-grown meat. Panel chair and food-science nerd **Dr Joel Gilmore**

has long been fascinated by everything from whether vegan milk can be called milk to whether genetic modification can really make food better.

Together, panel members will discuss topical issues such as the application of basic cell physiology to the production of cultured (lab-grown) meat; how to create 'vegan meat' that bleeds like real meat; edible insects as an alternative protein source; new crop technologies; GM foods; making proteins and dairy products from microbes, carbon dioxide and water (yes, it is happening now); and the challenges inherent in these technologies, especially in countries like Australia with its huge livestock industry.



Prof. Louwrens Hoffman

Professor Hoffman is a meat scientist with the Centre for Nutrition and Food Sciences at the University of Queensland. He specialises in factors that influence the meat quality and processing ability of exotic proteins. Exotic protein sources include meat from wild ungulates (hoofed mammals) as well as from insects and, lately, lab-grown meat. Louw has been focusing some of his research on the partial replacement of meat in meat products with insect proteins, particularly the larvae of the black soldier fly, and also with non-animal proteins. He is also fascinated by the application of basic cell physiology to the production of lab-grown meat.



Dr Joel Gilmore

Dr Gilmore is a physicist, award-winning science communicator and—most importantly—a passionate food-science nerd. He co-hosts *Food Lab* on SBS Food, where he talks about the science of the kitchen, and how we can use technology to create new and even more delicious foods. He has previously appeared on *Catalyst*, has been interviewed for radio and print media, and currently hosts hilarious (he thinks) science segments on Network 10's kids' science show *Scope*. He also provides advice to government and industry on transitioning Australia to a clean-energy future. In his spare time Joel sings, dances, hosts science-comedy shows, and travels as much as he can—he's visited 55 countries and counting!



Dr Lee Hickey

Dr Hickey is a plant breeder and crop geneticist with the Queensland Alliance for Agriculture and Food Innovation at the University of Queensland. He leads an innovative team conducting discovery and applied research on Australia's most important cereal crops: wheat and barley. Lee is a prolific science communicator and his research findings have appeared in influential mainstream media outlets such as on the BBC's *World News*, and in *National Geographic* and the *New York Times*.

Nutrition

The inside story

Third edition



Life's essentials:
Nutrients and non-nutrients

Body weight

Food labelling

Dietary guidelines

Tools for food selection

Diet-related diseases and disorders

Factors influencing food choices

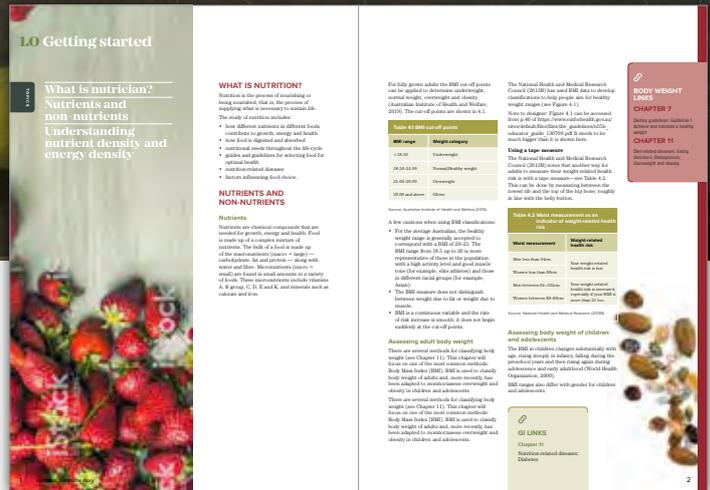
Food processing

Sustainable food futures



Nutrition— The inside story (Third edition)

It's nearly at the printer's!



No doubt many of you are wondering just when the third edition of *Nutrition—The inside story* will be released. Whilst we still don't yet have an exact date, it won't be long! The first proofs have been checked and almost all the copyright clearances have been obtained.

So, what's new? The overall structure is the same, although two small chapters—*Facts and fallacies* and *Sources of information*—have been deleted.

Four chapters have had name changes, as shown below:

Chapter	Former name	Revised name
4	Energy, body weight, physical activity and fad diets	Body weight
9	Mealtime snippets	Breakfasts and snacks
10	Special needs	Different dietary needs
11	Nutrition-related diseases	Diet-related diseases and disorders.

While some chapters have changed very little, others have been totally rewritten. For example, Chapter 2, *Life's essentials—Nutrients and non-nutrients* was revised quite substantially for the second edition (released in 2008) to reflect the changes arising from the release of the Nutrient Reference Values (NRVs) in 2006. Hence, there are few changes to this chapter, other than those made to reflect some revisions of the NRVs in 2017.

By contrast, the release by the National Health and Medical Research Council (NHMRC) of the 2013 *Australian Dietary Guidelines* (ADGs) necessitated totally rewriting Chapter 7, *Dietary guidelines*—which increased in size from 40 to 52 pages. It is not that the ADGs are much longer, but rather that some valuable data and reports have been released containing a wealth of statistics and other information providing strong evidence of the links between dietary intakes and diseases such as cardiovascular disease, diabetes, dental caries and some cancers, as well as data that depicts Australians' wellbeing according to factors such as indigenous status and place of residence. Reports such as the Australian Bureau of Statistics (ABS) *National Health Survey* and the Australian Institute of Health and Welfare's

publications *Nutrition across the life stages* and *Physical activity across the life stages* have meant that *Nutrition—The inside story* has been able to assemble comprehensive data for its readers that challenge the inequities and unsustainability of the current food system.

With the new ADGs came the *Australian Guide to Healthy Eating* (AGHE), which is dealt with in this edition in great detail. At least one page has been devoted to each food group and, to reflect the needs of Maori and Pacific Islanders living in Australia, new visual representations of the *Aboriginal and Torres Strait Islander Guide to Healthy Eating* and *The Healthy Taro Leaf* have been included.

Apart from the AGHE, Chapter 8, *Tools for food selection* also explores the Health Star Rating system and food apps that make understanding food labels so much easier. With respect to food labelling, not only has much of that material been updated, but also a whole new section has been added on *Country of Origin* labelling, as well as information on labelling related to the *Health Star Rating* system.

Revising Chapter 11, *Diet-related diseases and disorders* (previously *Nutrition-related diseases*), was always going to be a challenge. Where does one start on such a hot topic, and one about which so many differing opinions exist? Thanks to the help of experts in academia, government, health-promotion agencies and the food industry, *Nutrition—The inside story* is able to bring readers an up-to-date account of

4.0 Energy, body weight, physical activity and fat diets

Body weight

Energy in and energy out

Weight loss

Bulking

Body weight

Body weight depends on the balance between energy intake and energy expenditure. These are affected by diet, physical activity, and genetics.

When the energy intake is less than the energy expenditure, the body loses weight. When the energy intake is greater than the energy expenditure, the body gains weight.

When the energy intake is equal to the energy expenditure, the body weight remains constant.

Weight has been linked with a number of chronic diseases (see Chapter 11). Being overweight or obese is a risk factor for heart disease, type 2 diabetes, and certain cancers.

Assessing adult body weight

There are several methods for classifying body weight (see Chapter 11). The most commonly used is the BMI (Body Mass Index). BMI is a ratio of body weight to height squared. It is a simple way to assess whether a person is underweight, overweight, or obese.

Body Mass Index (BMI) is a measure of body weight relative to height. It is calculated as follows:

$$BMI = \frac{\text{Weight (kg)}}{\text{Height (m)}^2}$$

For example, a person who weighs 70 kg and is 1.75 m tall has a BMI of 22.9.

BMI is a continuous variable and the size of the increase or decrease does not vary with the size of the person.

Body weight links

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6.0 Food labelling

Food labelling requirements

Exemptions from the food labelling laws

Nutrition content and health claims

Country of origin

Health Star Rating system

Heart Foundation Tick

FOOD LABELLING REQUIREMENTS

The information found on food labels can help consumers make informed decisions about the foods they eat. It can also help them understand the other information that can be found on food labels. These food labelling requirements have been developed by Food Standards Australia New Zealand (FSANZ) and are based on the Food Labelling Regulations 2010 (the Regulations).

The Regulations apply to all packaged food products that are sold in Australia. There are some exemptions from the Regulations for certain products, such as those sold in bulk or those that are not intended for human consumption.

The Regulations require that food labels provide information about the following:

- The name of the product
- The list of ingredients
- The nutrition information
- The date of best before or use by
- The country of origin
- The Health Star Rating
- The Heart Foundation Tick

Food name and description of the food

The name of the product must be prominent on the label. It must be the same as the name of the product as it appears on the label. The name must be in English and must be in a font that is at least 1.5 times the height of the other text on the label.

Country of origin

The country of origin must be stated on the label. It must be the country where the product was last materially changed. This includes the country where the product was processed, if it was imported into Australia.

Health Star Rating

The Health Star Rating is a system of food labelling that provides information about the nutritional quality of a product. It is based on the energy, saturated fat, sodium, and sugars content of a product. The rating is shown as a starburst on the label.

Heart Foundation Tick

The Heart Foundation Tick is a logo that indicates that a product is low in saturated fat, sodium, and sugars. It is based on the same criteria as the Health Star Rating.

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3.0 Digestion

Overview

The digestive tract

What happens in the mouth?

What happens in the stomach?

What happens in the small intestine?

What happens in the large intestine?

Summary of where nutrients are digested and absorbed

WHAT IS NUTRITION?

Nutrition is the process of providing or supplying the body with the nutrients it needs to function. It involves the intake, digestion, and absorption of food and the use of the nutrients for energy, growth, and repair.

NUTRIENTS AND NON-NUTRIENTS

Nutrients are chemical compounds that are essential for the body to function. They are divided into macromolecules (carbohydrates, proteins, and lipids) and micronutrients (vitamins and minerals). Non-nutrients are chemical compounds that are not essential for the body to function. They include water, alcohol, and caffeine.

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5.0 Foods in Australia

Beverages

Cereals

Eggs

Fats and oils

Fish and other seafood

Flavoursings

Fruits

Meat and poultry

Milk and milk products

Seeds and nuts

Sugars

Vegetables

Tables of the nutrient composition of food

Body weight

Body weight depends on the balance between energy intake and energy expenditure. These are affected by diet, physical activity, and genetics.

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diet-related diseases and disorders that has been based on evidence rather than on speculation. As with the NHMRC's publication of the ADGs, Chapter 11 typically relies on evidence that is classified by the experts as convincing—as opposed to speculative—unlike the 'evidence' found in some media sources. HEIA is much indebted to the very many experts who advised, reviewed sections, rewrote sections and, in some cases, provided totally new narratives for Chapter 11. The chapter is also supported by up-to-date statistical data from the ABS, which provides a valuable insight into Australian diet-related diseases and disorders, and the eating patterns linked to them. Much thought was given to the *Eating disorders* section of this chapter—as to whether it belonged in the chapter, or in the book at all. The decision was to keep the section, given that, although the more well-known conditions of anorexia nervosa and bulimia nervosa each occur in less than one per cent of the Australian population, together the broader category of eating disorders and disordered eating are estimated to affect over 16 per cent of the population. Agencies with expertise in this area were very supportive with advising on the right language and content for this section. Unfortunately, none of the diseases or disorders reported in the first and second (2003 and 2008) editions of *Nutrition—The inside story* have ceased to be a problem in Australia, so they have all been retained in Chapter 11. In fact, in many cases the prevalence of various diseases and disorders has increased. A notable

exception is the decline of the mortality rate from heart disease over recent decades; however, coronary heart disease is still the single leading cause of death in Australia. In 2017-18, ischaemic heart disease was the leading cause of death for males and the second most prevalent cause (after dementia and Alzheimer's disease) for females. Other positive trends were that the proportion of people drinking alcohol in excess of the guidelines has come down, along with the proportion of those who smoke daily. As many would be aware, the prevalence of overweight and obesity in Australia has not decreased, so the section was expanded to include a critical look at how to bring about changes in the obesogenic environment in which we live. Chapter 12, *Factors affecting food choices* has been enriched with an ample supply of new research related to, for example, the cost of eating healthily versus unhealthily; the staggering amount being spent on meals out and takeaways; the impact of digital marketing (in 2018, 53 per cent of advertising revenue came from digital marketing compared to 22 per cent from television advertising); and the flagrant lack of respect by some food and beverage industries for the voluntary codes and standards that are supposed to protect children from the advertising of unhealthy foods. Researchers in this field were wonderfully generous about sharing their data and graphics.

Chapter 13, *Food processing* has had a makeover to include newer techniques such as ohmic heating and pulsed-electric fields, as well as a makeover of biotechnology to look at molecular marking and genomics, and an update on genetically modified foods. A substantial part of this chapter now provides an analysis of the effects of processing on the nutritional quality of food, with some new case studies, including one about reformulating products and as a result, improving the Health Star Rating of the foods. Revising the final chapter—Chapter 14, *Sustainable food futures*—was somewhat like Chapter 11 in that it was daunting to know where to start with all the changes that have occurred in this field. But the research was fascinating and has resulted in, for example, graphs showing the ecological footprints of individual foods, of overall dietary patterns and across the food-supply chain. And equally or maybe even more fascinating were the projections about planetary health diets by 2050 and new foods being made by fermenting microbes, carbon dioxide and water. Amazingly, by 2040, only 40 per cent of the global 'meat' market is predicted to comprise conventional meat! HEIA members will receive information on how to take advantage of priority advanced ordering of the third edition of *Nutrition—The inside story* in the near future.

These layouts are indicative concepts only and will vary from the actual final book.



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Diary Dates

 21 MARCH 2020

WORLD HOME ECONOMICS DAY

 21 MARCH 2020

HEIA(Q) ANNUAL GENERAL MEETING

HEIA(Q) celebration of World Home Economics Day
Innovation Lab, State Library of Queensland

 7 APRIL 2020

WORLD HEALTH DAY

 15 MAY 2020

INTERNATIONAL DAY OF FAMILIES

www.un.org/en/events/familyday/

 28 28-30 SEPTEMBER 2020

HEIA NATIONAL CONFERENCE

Brisbane Convention & Exhibition Centre

 16 OCTOBER 2020

WORLD FOOD DAY

www.fao.org/world-food-day/home/en/