If you have suggested additions, or you find that some links are not working, please email [resourcelist@fess.ie](mailto:resourcelist@fess.ie)

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| **Minor Award Name** | Food and Nutrition |
| **Minor Award Code** | 4N2830 |
| **Level** | 4 |

**Suggested resources to support delivery:**

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| --- | --- | --- | --- | --- |
| **Theme/Topic** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Nutrition glossary | Online document | A useful interactive glossary relating to food and nutrition (note this is a dot com i.e. a commercial site) | Nutritiondata (USA) | <http://nutritiondata.self.com/help/glossary> |
| Online document | A useful easy to understand glossary written by registered dieticians. | EatRight Ontario (Canada) | <https://www.eatrightontario.ca/en/Glossary.aspx> |
| Macro nutrients & micronutrients -  The constituents of a balanced diet (carbohydrates including fibre, fats, proteins, vitamins, minerals &  water) | Online document | Presents an overview of the key macro and micro- nutrients required as part of a healthy balanced diet. It includes the role/ function & sources of the important nutrients. | Washington State University | <http://mynutrition.wsu.edu/nutrition-basics/> |
| Youtube video clip | A 5 minute video clip called “How do carbohydrates impact your health?” Here Richard J. Wood outlines how what we eat and drink on a daily basis can impact our health. Too many carbohydrates, for instance, can lead to insulin resistance, which is a major contributor to cardiovascular disease and Type 2 Diabetes | Richard J. Wood (TedEd) | <https://www.youtube.com/watch?v=wxzc_2c6GMg> |
| Online report (also available to purchase as a hard copy) | The FSAI (2011) report entitled *Scientific Recommendations for Healthy Eating Guidelines in Ireland* presents a detailed report of the key healthy eating guidelines, the food pyramid, factors that determine food and energy requirements, portion control & barriers to healthy eating. It is divided into sections- one aimed at health care professionals, the other for consumers. | Food Safety Authority of Ireland (FSAI) | Google search: Scientific Recommendations  for Healthy Eating Guidelines  in Ireland |
| Online Article | General overview of nutrition – macro and micronutrients - nutrition for all ages such as children, adolescents and the older person. | Irishhealth.com | <http://www.irishhealth.com/clin/ffl/nutrition.html> |
| The impact of sugar | Online documentary | *Sugar Crash* (from Ireland’s National broadcaster RTÉ) is a documentary about the dangers of sugar consumption. As quoted in the trailer for the documentary “We keep alcohol out of the hands of children, but we don't think twice when they are given a glass of soda or orange juice. Children are given the diseases of alcohol (e.g. non-alcoholic fatty liver) without drinking alcohol because sugar is the alcohol to a child. Sugar drives the obesity and diabetic-epidemic.” | *RTE* Documentary about Sugar and Disease (2016) Featuring Dr Eva Orsman, Dr. Aseem Malhotra, Prof. Robert Lustig, Damon Gameau and other experts. | <https://www.youtube.com/watch?v=Tjr-l7rMYHc> |
| Newspaper article (The Guardian, UK) | This *Guardian* newspaper article ‘The science is in: the case for a sugar tax is overwhelming’ puts forth the case for the introduction of a sugar tax. | Dr Robert Lustig (who is a paediatric endocrinologist at the University of California, San Francisco) | <http://www.theguardian.com/commentisfree/2015/oct/27/science-new-study-case-sugar-tax> |
| The food pyramid & food plate | Online document | An overview of the food pyramid and the Eat well plate is provided. | HSE – Health Service Executive. | <http://www.hse.ie/eng/services/list/4/olderpeople/tipsforhealthyliving/healthyeating.html#pyramid>. |
| Poster | Adult food pyramid. Also available to order as a hard copy in A4 and A3 size from the Health Promotion Unit <https://www.healthpromotion.ie/publication/fullListing?category=Healthy_Eating> | HSE - Health Promotion Unit | View or download the Adult Food Pyramid poster from:  <https://www.healthpromotion.ie/hp-files/docs/HPM00829.pdf> |
| Poster | Children’s food pyramid. Also available to order as a hard copy in A4 and A3 size from the Health Promotion Unit <https://www.healthpromotion.ie/publication/fullListing?category=Healthy_Eating> | HSE - Health Promotion Unit | View or download the Children’s Food Pyramid poster from:  <https://www.healthpromotion.ie/hp-files/docs/HPM00827.pdf> |
| Online document | Eatwell plate – used in UK including Northern Ireland | Safefood.eu | View or download an image of the Eatwell plate from:  <http://www.safefood.eu/Healthy-Eating/What-is-a-balanced-diet/The-eatwell-plate.aspx> |
| Food labelling | Online document | Legislation relating to food labelling. | Food Safety Authority of Ireland (FSAI) | <https://www.fsai.ie/legislation.html> |
| Online document | The Croí “traffic lights” and an overview of food labelling. | Croí | <https://www.croi.ie/heart-health/dietary-tips-advice/understanding-food-labels> |
| Online document | Concise overview of food labelling. | Safefood.eu | <http://www.safefood.eu/Childhood-Obesity/Your-Tools/Food-Labels.aspx> |
| Web page | The list of 14 Food ingredients that must be declared as allergens in the EU. | FSAI | <https://www.fsai.ie/legislation/food_legislation/food_information/14_allergens.html> |
| Food hygiene and safety especially relating to storing,  preparing and cooking food | Online document | General principles of food hygiene | Safefood.eu | <http://www.safefood.eu/Food-safety.aspx> |
| Online document | Details of regulations relating to food hygiene, safety & traceability. | FSAI | <https://www.fsai.ie/legislation/food_legislation/general_principles_of_food_law.html> |
| Online document | Summary of HACCP principles. | FSAI | <https://www.fsai.ie/food_businesses/haccp/principles_of_haccp.html> |
| YouTube clip | *The truth about Campylobacter* – a short video outlining the potential impact of infection from campylobacter and the importance of not washing chicken as cooking will kill any microbes present. | Food Standards Agency (UK) | <https://www.youtube.com/watch?v=V3QS_EgEYlk> |
| Online leaflet | How to wash hands covering all areas of the hand - Correct hand washing procedure | Cork University Hospital (CUH) | Hand Hygiene poster -  <http://www.cuh.hse.ie/Patients-Visitors/Infection-Prevention-Control/Patient-HH-Leaflet-2015-Hand-Hygiene-Brochure.pdf> |
| Online Quiz | Quiz – useful to summarise learning on food hygiene. | Food Standards Agency in the UK | <https://www.food.gov.uk/news-updates/campaigns/germwatch/fsq> |
| Menu Planning | Online book chapter | The ‘ABC’s of Successful Menu Planning’ discusses the importance of menu planning, the principles of menu planning, key steps to successful menu planning and displays sample menus for the three to six year old age group. Two things to note however: this is an American resource and therefore measurements use the imperial rather than metric system. Secondly, in their menus at the end I would suggest grated rather than sticks of raw carrot; avoid any juices, chocolate milk, peanut butter, syrup and specify that the pancakes are sugar free. | United States Food & Nutrition Service | <http://www.fns.usda.gov/>  Search: ABC’s of Successful Menu Planning’ |
| Report | This is a detailed document entitled *Guidance on food served to older people in residential care* nonetheless has some valuable information written in a user friendly manner and is particularly useful for learners who are studying or plan to study healthcare. Nonetheless is a useful resource generally. It provides an overview of key dietary considerations relating to older people in residential settings. Sample menus included. | Food Standards  Agency (UK) | <http://www.food.gov.uk/sites/default/files/multimedia/pdfs/olderresident.pdf> |
| Resource report | The HSE’s *‘3-week menu plan: a resource for pre-schools*’ as well as sample menus for pre-schoolers, this also includes useful recipes. Note: this was published in 2005 and does not appear to have been updated since hence an older version of the HSE’s food pyramid is included. Furthermore, their tips on food safety could be more detailed (page 4) such as significantly adding to their list of foods to avoid in this age group e.g. raw carrot/celery sticks, whole grapes, sunflower seeds, chia seeds, sausages/ hotdogs due to choking hazard, otherwise a good resource. | HSE | <https://www.healthpromotion.ie/hp-files/docs/HPR00901.pdf> |
| Role of diet in managing weight/ obesity and the promotion of weight loss | Website resources | Free independent advice on weight loss. weigh2live.eu is an independent website developed by nutritionists from Safefood  & dieticians from the Irish Nutrition and Dietetic Institute (INDI) | weigh2live.eu | <http://www.weigh2live.eu> |
| HSE report | *Obesity the Policy Challenges- the Report of the National Taskforce on Obesity* is a report published by the HSE in 2005. | HSE | <http://www.hse.ie/eng/health/child/healthyeating/taskforceonobesity.pdf> |
| Youtube clip | Michael Pollan is an American author, journalist, activist, and professor of journalism at the UC Berkeley Graduate School of Journalism. He is famous for the oft used comment in food and nutrition: “Don't eat anything your great-grandmother wouldn't recognize as food”. | Professor Michael Pollan | Michael Pollan on Cooking  <https://www.youtube.com/watch?v=N7Ty8HoIEEg>  (2:28 mins) |
| Childhood Obesity | Video clips | A series of excellent short video clips relating to the prevention of childhood obesity. | Safefood.eu | <http://www.safefood.eu/Childhood-Obesity/Videos/TV-ads.aspx> |
| Downloadable meal planner | A downloadable meal planner offering suggestions for foods to include in children’s meals. | Safefood.eu | <http://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/About%20Us_1/Campaigns/H7210-SAFEFOOD_Childhood-Obesity-Web-Assets_Meal-Planner_A4.pdf> |
| Leaflet | Tips on the importance of healthy eating, drinking and of bringing back play and physical activity & their role in the prevention of childhood obesity. | Safefood.eu | <http://www.safefood.eu/SafeFood/media/SafeFoodLibrary/ChildhoodObesity/Bring-Back-Play-Sugar-Drinks-Leaflet.pdf> |
| Online booklet | *‘Your Child’s Weight...A Guide to Preventing Childhood Obesity’* is an excellent booklet providing tips on the prevention of childhood obesity (aimed at parents and guardians) | Health Promotion Unit (HSE) | <https://www.healthpromotion.ie/hp-files/docs/HPM000851.pdf> |
| Role of diet in the prevention of coronary heart disease and Stroke (Cardiovascular disease) | Website | Excellent website on all matters relating to heart disease and the role of nutrition in the prevention and management of cardiovascular diseases. | Irish Heart Foundation | <http://www.irishheart.ie/> |
| Website | Croí is a not-for-profit foundation established in 1985, with the aim fighting heart disease and stroke – located in the West of Ireland. | Croí | <https://www.croi.ie/> |
| TedTalk | An overview of Dr Dean Ornish MD’s contention that “cardiovascular disease kills more people than everything else combined” — and that it is largely preventable by changing our eating habits. Dr Ornish works at the Preventive Medicine Research Institute, California & is also a Clinical Professor of Medicine at the University of California, San Francisco. | Dr Dean Ornish | Dean Ornish: The killer American diet that's sweeping the planet  <https://www.ted.com/talks/dean_ornish_on_the_world_s_killer_diet>  (6 mins long) |
| Pregnancy, postnatal and maternal care and breastfeeding | Online information sheet | This information sheet “*Eating well in pregnancy*” provides an overview of nutrition for pregnant women. | HSE | <http://www.hse.ie/eng/services/list/3/hospitals/CavanMonaghan/Eating_well_in_pregnancy.pdf> |
| Webpage | Key points regarding healthy eating for pregnancy. | Safefood.eu | <http://www.safefood.eu/Healthy-Eating/Food-Diet/Life-Stages/Pregnancy.aspx> |
| Ebooklet | This booklet is called *Healthy Eating For Pregnancy.* | Safefood.eu | <http://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Consumer/Healthy%20Living/Healthy-Eating-For-Pregnancy.pdf> |
| PDF | This PDF file, *Nutrition for Pregnancy,* although aimed at clinical practitioners has a lot of useful information on nutrition for pregnancy. | HSE | <https://www.hse.ie/eng/about/Who/clinical/natclinprog/obsandgynaeprogramme/nutpreg.pdf> |
| Online article | *Continuing Education: Women’s Health: Breastfeeding Towards Optimum Infant Nutrition* provides information on the benefits of breastfeeding to mother and baby as well as details on the importance of correct positioning of the baby (latching on correctly). | INMO (Irish Nurses and Midwives Organisation) | <https://www.inmo.ie/Article/PrintArticle/2418> |
| Role of diet in the prevention of osteoporosis | Website | An excellent website providing information on the treatment and management of osteoporosis. It includes experts’ views on the management of this condition as well as a glossary of terms relating to osteoporosis. Detailed information generally on the importance of good nutrition is presented. | Irish Osteoporosis Society | <http://www.irishosteoporosis.ie/> |
| Role of diet in diabetes | Website | An excellent website providing information of the treatment and management of Diabetes including detailed information on the importance of good nutrition. | Diabetes Ireland - the national charity in Ireland dedicated to helping people with diabetes. | <https://www.diabetes.ie/> |
| Webpage | ‘NHS Diet Advice for Diabetes’ provides a user friendly guide to Type 2 diabetes, a condition that is on the increase. A video clip (2.27 mins long) is included on this page. | NHS – National Health Service (UK) | <http://www.diabetes.co.uk/diet/nhs-diet-advice.html> |
| Managing Coeliac disease | Website | The aim of this website and organisation is to raise awareness of the disorder, Coeliac Disease, its symptoms and the difficulties faced by approximately 1% of the Irish population estimated to be coeliac.  They offer information on how to enhance the quality of life for people diagnosed as coeliac, those with *Dermatitis Herpetiformis* or gluten intolerance and those who must adhere to a strict gluten-free diet for life. | The Coeliac Society of Ireland (CSI) | <https://www.coeliac.ie/> |
| Managing Irritable Bowel Syndrome (IBS) | Online patient information sheet | Overview of IBS – written by healthcare professionals. | The Mayo Clinic (USA) | <http://www.mayoclinic.org/diseases-conditions/irritable-bowel-syndrome/basics/definition/con-20024578> |
| Food  allergies and sensitivities | Online handout | Defines anaphylaxis and the differences between food allergies and food sensitivities. | The American Academy of Allergy, Asthma & Immunology | <https://www.aaaai.org/Aaaai/media/MediaLibrary/PDF%20Documents/Libraries/EL-food-allergies-vs-intolerance-patient.pdf> |
| Online PDF file | Online sample lesson plan and Worksheets relating to food allergies | Kidshealth.org (USA) | <http://kidshealth.org/classroom/9to12/problems/conditions/food_allergies.pdf> |
| Webpage | A short Quiz relating to food allergens. | Safefood.eu | <http://www.safefood.eu/Allergens/Quiz.aspx> |
| Eating Disorders | Website | Bodywhys (This is the national voluntary organisation supporting people affected by eating disorders). | Bodywhys | <http://www.bodywhys.ie/> |
| Online article | This interesting article by Dr Scott Carroll, MD & Associate Professor & Director of Psychiatric Consultation Services at the University of New Mexico Children’s Hospital is entitled “Student eating disorder awareness guide”. | Dr Scott Carroll, MD | <http://www.learnpsychology.org/mental-health/eating-disorders/> |
| Prevention of dental caries | Online article | An overview of ways to maintain good oral hygiene through brushing and flossing. It includes a detailed section relating to the importance of food choices in particular avoiding sugar. | NHS Choices (UK) | Tooth decay – Prevention  <http://www.nhs.uk/Conditions/Dental-decay/Pages/Prevention.aspx> |
| Overview of Sports nutrition | Youtube clip | Nick Broad, Chelsea FC’s former Nutritionist gives some general sport nutrition advice and tips. He not only mentions the importance of protein for repair of muscles, of carbohydrates for energy, the use of Quinoa, but speaks of general food quality and eating seasonally and locally. (Sadly since this clip was recorded Nick has died in a car accident, RIP). | Nick Broad, Sports Nutritionist | <https://www.youtube.com/watch?v=6EggN3szhYM> |
| Infographic | This infographic entitled *Nutrition for Runners* provides useful information relating to nutrition for runners, how to fuel the body for running, the importance of hydration and when to eat carbohydrates and protein to improve and optimise performance and recovery. | BBC – British Broadcasting Corporation | <http://www.bbcgoodfood.com/howto/guide/fast-food> |
| Genetically modified foods | Online journal article | This is an extremely emotive issue for most people, consequently it is very difficult to find resources that are not biased in one way or another. This academic article from the journal *Scientific American*, although heavy going in places, outlines many of the key issues emerging in the field of GMOs relating to food, nutrition and health. | Freedman DH (2013) The Truth about Genetically Modified Food. *Scientific American.* Accessed online: <http://www.scientificamerican.com/article/the-truth-about-genetically-modified-food/> (20/03/16) | <http://www.scientificamerican.com/article/the-truth-about-genetically-modified-food/> |
| Question & Answer approach: Online page | ‘GMOs in Food’ is a question and answer approach claiming to provide unbiased information on the subject of genetically modified organisms (GMOs). | Penn State University | <https://sites.psu.edu/gmoliteracyproject/> |
| The role of food in cancer prevention and treatment | Online article | Cancer is the second leading cause of death on the island of Ireland. It is estimated that about one third of cancers could be prevented by eating a healthy diet, by being physically active and maintaining a healthy weight. This article outlines ways that this may be achieved. | Safefood.eu | <http://www.safefood.eu/Healthy-Eating/Food-Diet/Food-and-health/Cancer.aspx> |
| Online article | ‘Staying healthy after cancer: eat a healthy diet’ is an article on the Irish Cancer Society’s website. It contains useful information relating to diet and alcohol intake. | Irish Cancer Society | <http://www.cancer.ie/coping/life-after-cancer-treatment/staying-healthy/healthy-diet#sthash.bTMzXZsx.dpbs> |
| Online article | Tips to get the calories and nutrients required during cancer treatment as both the condition & the treatment can adversely impact the person’s appetite. | Mayo Clinic (USA) | <http://www.mayoclinic.org/diseases-conditions/cancer/in-depth/cancer/art-20045046> |
| Online article | According to the article, research has shown that following a Mediterranean diet can reduce the incidence of cancer and mortality from cancer, and prevent or improve the outcome of other chronic disorders (such as diabetes and heart disease). | Mayo Clinic (USA)  Sheryl M. Ness, R.N. | <http://www.mayoclinic.org/diseases-conditions/cancer/expert-blog/mediterranean-diet-and-cancer/bgp-20056300> |
| Ingredients in food | Press release | A short online memo outlining the links between processed meat and colorectal cancer (2015). | World Health Organisation (WHO) | <http://www.who.int/mediacentre/news/statements/2015/processed-meat-cancer/en/> |
| Website | Questions & Answers on the cancer causing possibilities of the consumption of red & processed meat.  This site provides scientifically based advice and information on the constituents of food, including additives, flavourings & colourings. | World Health Organisation (WHO) | <http://www.who.int/features/qa/cancer-red-meat/en/> |
| Website | European Food Safety Authority (EFSA) | <http://www.efsa.europa.eu/> |

**Useful Organisations:**

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| **Name** | **Contact Information** |
| HSE | [www.hse.ie](http://www.hse.ie) |
| FSAI | <https://www.fsai.ie/> Advice line: 1890 33 66 77 |
| Safefood.eu | [www.safefood.eu/](http://www.safefood.eu/) |
| <https://www.facebook.com/safefood.eu/?fref=ts> (Safefood’s Facebook link) |
| Nutrition and Health Foundation | <http://www.nutritionandhealth.ie/> |
| European Food Information Council | <http://www.eufic.org/> |
| European Food safety Authority (EFSA) | http://www.efsa.europa.eu/ |
| Irish Health.com | <http://www.irishhealth.com/> |
| National Dairy Council | <http://www.ndc.ie/> |
| <https://www.facebook.com/NDCIreland/?fref=pb&hc_location=profile_browser> (Facebook Page) |
| The Sports Council (Ireland) | <http://www.irishsportscouncil.ie/> |
| Irish Nutrition and Dietetic Institute (INDI) | <https://www.indi.ie/> |
| Get Active Ireland | <http://www.getirelandactive.ie/> |
| American Heart Association | <http://www.heart.org/HEARTORG/> |
| Center for Food Safety (USA) | <http://www.centerforfoodsafety.org/> |
| The Mayo Clinic (USA) | <http://www.mayoclinic.org/> |
| World Health Organisation (WHO) | <http://www.who.int/en/> |

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| **BOOKS** | |
| Books that may be of use to several aspects of this course include: | Halton MA (2011) *Less Stress, More Success: Home Economics* (Junior cert). Dublin: Gill & Macmillan.  (Leaving Cert version also available).  Madden D (2010) *Design for Living*. Dublin: Gill & Macmillan. |

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| **MOOCs (Massive Online Open Courses)** | |
| A massive open online course (MOOC) is a model for delivering learning content online to any person who wants to take a course. For some online course a charge applies, most at least require the user to register. | For a list of available MOOCs the best approach is to Google search these relating to the theme of “Food & Nutrition” as they tend to come online regularly.  USEFUL LINKS: |
| <https://www.mooc-list.com/> |
| <https://alison.com/> |
| <https://www.coursera.org> |
| Search regularly for new courses and new start dates. | Examples of useful courses (both free however registration required):  **Provider:** Coursera - <https://www.coursera.org> |
| **Educational Establishment:** Stanford University (USA)  **Title of course:** Child Nutrition and Cooking  **Web Address:** <https://www.coursera.org/learn/childnutrition> |
| **Provider:** Coursera - <https://www.coursera.org>  **Educational Establishment:** University of California, San Francisco (USA)  **Title of course:** Nutrition for Health Promotion and Disease Prevention  **Web Address:** <https://www.coursera.org/course/nutrition> |

**Ted Talks**

Jamie Oliver: Teach every child about food

<https://www.ted.com/talks/jamie_oliver?language=en>

Mark Bittman: What's wrong with what we eat? (This talk is US based but relevant to us in Ireland also).

<https://www.ted.com/talks/mark_bittman_on_what_s_wrong_with_what_we_eat?language=en>