

# Adelaide University is now open!

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– including study applications for 2026, details for commencing and current students, and Graduate Research – please visit [adelaideuni.edu.au](https://adelaideuni.edu.au/) (<https://adelaideuni.edu.au/>).



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The information on this website applies to services of the University of Adelaide as of 19th December 2025 including for students completing their studies and graduating with the University of Adelaide (<https://www.adelaide.edu.au/student/graduations/>) during the period 19th December 2025 up until 31st March 2026.



## PACE (/pace/)

→ Login ([https://www.adelaide.edu.au/pace/user/login/openid\\_connect?destination=/pace/short-courses-individuals/online-short-courses/beginners-guide-to-healthy-eating](https://www.adelaide.edu.au/pace/user/login/openid_connect?destination=/pace/short-courses-individuals/online-short-courses/beginners-guide-to-healthy-eating))

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# Beginner's Guide to Healthy Eating



Guided by an expert in dietary nutrition, learn the basics of food, nutrition, and its impact on your health and wellbeing.

**Length** 4 weeks

**Effort** 1 hour per week

**Start date** Start studying as soon as you enrol

**Level** Introductory

**Individual enrolment fee** \$195 [Learn more](#)

**Group enrolment fee** Discount available for 5+ enrolments [Learn more](#)

Enrol myself (<https://catalog.adelaide.edu.au/browse/pace/courses/a-beginners-guide-to-healthy-eating---paceonline>)

Contact us for group enrolment (<https://www.adelaide.edu.au/pace/workforce-strategy-education-planning-organisations/custom-education-enquiry>)

# About the course

Examine the fundamentals of healthy eating and nutrition

In order to be energised and ready to take on life, it's important to know the foods that can provide you with all the nutrients you need to feel your best.

On this four-week course, you'll be guided by an expert in dietary nutrition, learning the basics of food, nutrition, and its impact on your health and wellbeing.

Learn what to eat to ensure optimum nutrition

On this course, you'll gain a complete overview of basic nutritional concepts.

You'll delve into the six classes of nutrients, learning to categorise foods and explain their effects on our bodies.

You'll learn to identify high and low-energy foods and explain the connection between food energy and diet.

## Discover the science behind food composition

Using engaging and accessible videos, case studies, and articles, you'll explore the functions of energy and non-energy yielding nutrients before delving into dietary fibre, phytochemicals, and additives in food.

With your knowledge of food composition, you'll be better equipped to make healthy, nutritional choices and understand the impact they have on your energy levels and overall health.

## Examine food group systems and dietary guidelines

With case studies from around the world, you'll examine nutrient recommendations in global contexts and use this to inform your own healthy eating recommendations.

You'll compare various food groups and food group systems and learn how to ensure adequate nutrients are sourced within different diets including flexitarian, vegan, and vegetarian.

By the end of this course, you'll understand how the composition of different foods contributes to our overall health. With this knowledge, you'll be able to make informed, healthy choices, backed up by a scientific understanding of the nutrients different foods provide.

# What you'll achieve

By the end of the course, you'll be able to:

- Describe the composition of different foods and food types.
- Explain the link between nutrition, nutrient recommendations, and health and wellbeing.
- Design healthy eating and dietary guidelines from nutrient recommendations.
- Apply food composition knowledge and healthy eating guidelines to improve food and nutrition decisions.

# Is this course for me?

This course is suitable for anyone wanting to build their knowledge of healthy eating for professional development purposes, or for personal interest.

# Fees and enrolment

For individuals	For teams
<p>The enrolment fee for the Beginner's Guide to Healthy Eating course is:</p> <p>\$195 AUD</p> <p>Enrol myself (<a href="https://catalog.adelaide.edu.au/browse/pace/courses/a-beginners-guide-to-healthy-eating---paceonline">https://catalog.adelaide.edu.au/browse/pace/courses/a-beginners-guide-to-healthy-eating---paceonline</a>)</p> <p><i>Please <a href="mailto:pace@adelaide.edu.au">contact us</a> (<a href="mailto:pace@adelaide.edu.au">mailto:pace@adelaide.edu.au</a>) if you would like to pay via invoice.</i></p> <p><i>If you are a staff member or alumni of the University of Adelaide, please <a href="mailto:pace@adelaide.edu.au">reach out</a> (<a href="mailto:pace@adelaide.edu.au">mailto:pace@adelaide.edu.au</a>) to discuss potential discounts and payment options.</i></p>	<p>If you are interested in enrolling five or more team members in this course, please contact us to arrange bulk enrolment and group discounts.</p> <p>Contact us for group enrolment (<a href="https://www.adelaide.edu.au/pace/workforce-strategy-education-planning-organisations/custom-education-enquiry">https://www.adelaide.edu.au/pace/workforce-strategy-education-planning-organisations/custom-education-enquiry</a>)</p>

## You might also like

- [Nutrition in the Health Sector](#) (</pace/short-courses-individuals/online-short-courses/nutrition-in-the-health-sector>)
- [Essential Human Biology: Cells and Tissues](#) (</pace/short-courses-individuals/online-short-courses/essential-human-biology-cells-and-tissues>)
- [Managing Addiction: A Framework for Successful Treatment](#) (</pace/short-courses-individuals/online-short-courses/managing-addiction-a-framework-for-successful>)

## PACE

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