

## Assignment11

The three nutrition topics I will be talking about are from Assignments 6B, 7 and 9, covering Protein, Vitamins and Minerals and Food Poisoning.

When I started going to the gym, I started off with the knowledge of eating healthy and protein. I always had a good diet so that wasn't a problem, I just had to intake more calories. However for protein, misinformation from the internet led me to drink a shake mixed with protein powder and milk after each workout session. Thankfully, this high-protein intake did not affect my daily life and when I heard from a friend that protein shakes are not needed, I dismissed him as he did not provide any evidence to be proven wrong. Now after learning about protein, calculating my calorie intake and splitting up my plate effectively, I will know if a protein shake is required or not and knowing the dangers of excessive intake.

Since I had a good diet instilled in me from a young age and not eating junk food, I never had any health problems regarding my food. Learning about vitamins and minerals made me more aware of how important it is to know what you're eating and if you're taking the right amount. Especially the calcium; I usually start off breakfast with cereal and milk as a quick breakfast and then throughout the day, don't drink any other liquids than water. Learning about calcium made me realise how little I was getting every day and I am glad that I learnt about this because I am now taking calcium supplements to reach ~800g to 1000g of my RDA so I can build as much bone-mass as possible, and maintain when I am older.

I am glad I am a naturally clean person so I have good kitchen habits – washing dishtowels and dishcloths weekly, making sure the kitchen is clean after every use and washing dishes as soon as the meal is done. I have never had a serious case of food poisoning, maybe very rarely stomach ache but that passes very quickly. Learning about food poisoning has made me even more aware of how bacteria spreads and what I will be doing as soon as I get back home is throwing away my dish sponge, switching a new one every month and microwaving it after each use, marking opened foods with a sharpie, buying thermometers and replacing my cutting boards.

I really enjoyed sitting and listening to this class, with no pressure of note-taking and in general, a relaxed class. I learnt a lot, disregarding the fact that there were no tests to do. This class has made me realise how important nutrition is; I always knew that having a healthy diet is good, but not realising what you are eating, whether in excess or insufficient amount of carbs, proteins, fats and vitamins and minerals is equally just as important, most likely even more important.

I like the content of this course, how it is taught and the homework is not difficult but provides a lot of extra information which is interesting to read as the homework is being done. One thing I thought was a little unnecessary, was the textbook itself. I enjoyed doing the assignments as they taught extra but the textbook seems to be excessively large compared to the amount of information we pull from it to do the assignment, and due to the fact we don't use it much, it felt like a waste of money. While I enjoyed doing the homework, the textbook felt needless for our type of class and it would be a good money-saving option to photocopy the necessary pages to Blackboard and making them available as the assignments are due.