



Australian Nursing & Midwifery Federation
Continuing Professional Education

This is to certify that

Caleb Fellowes

completed an online educational tutorial and assessment with the

Australian Nursing and Midwifery Federation

on 20th December, 2020

Healthy Eating for Adults

Eating for health and wellbeing is about choosing foods from the five food groups everyday, while limiting foods not essential to our health. The Australian Dietary Guidelines provide advice and are based on scientific evidence and research.

Understanding of Australia's current eating and activity patterns.
Understanding of Australia's Dietary Guidelines.
Overview of research and recommendations.
Applications to health.

How much of each food group to recommend and the portions.
Understanding of phytochemicals and their functions and presence in fruit and vegetables.


Federal Education Officer

1 CPE Hours



www.anmf.org.au/cpe