

FOOD & NUTRITION

ELECTIVE
SUBJECT

Year 10

Course Outline: Food & Nutrition provides an insight into the General Subject Food & Nutrition.

Semester 1 unit – Science of Preservation, Nutrition

Semester 2 unit – Perfect Cookie (Science of Fats and Carbohydrates), Dairy in Australia

Learning Experiences:

- Practical work
 - Excursions
 - Group work
 - Design
 - Managing self and resources
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Duration: 1 year.

Assessment:

- Practical food project
 - Written reports
 - Evaluations
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Certification: School End of Semester Reports.

Commitment: In order to succeed in this subject, students must organise weekly cookery tasks and bring required cooking ingredients, complete all classwork, homework and assessment as required.

Cost: See the schedule of fees for costs in addition to the standard school fees. Student must provide ingredients for practical cookery.

Course Requirements: A laptop that meets school minimum specifications. Students must abide by school uniform and footwear guidelines during all lessons. While some ingredients will be provided for food experiments, students will need to provide ingredients for their “food solutions” which are necessary for the project folio.

Links to Careers: Food Science, Food Technology, Health, Nutrition

For students who are interested in the science of food and how it reacts when different cookery processes are applied. Food and Nutrition develops food-based experimentation skills (practical) as well as academic skills and knowledge of the design process. Why do Food & Nutrition? Learn about nutrition, science and technology through the context foods.