

# TECHNOLOGIES: FOOD & NUTRITION

## ELECTIVE SUBJECT: Across four semesters

### WHY STUDY FOOD & NUTRITION?

*Technologies enrich and impact on the lives of people and societies globally. Technologies, in their development and use, are influenced by – and can play an important role in transforming, restoring and sustaining – our societies and our natural, managed, constructed and digital environments. The Technologies learning area draws together the distinct but related subjects of Design and Technologies and Digital Technologies. The Australian Curriculum: Technologies will ensure that all students benefit from learning about and working with traditional, contemporary and emerging technologies that shape the world in which we live.*



### COURSE AIMS:

Technologies aims to develop the knowledge, understanding and skills to ensure that, individual and collaboratively, students:



- are creative, innovative and enterprising when using traditional, contemporary and emerging technologies, and understand how technologies have developed over time
- effectively and responsibly select and manipulate appropriate technologies, resources, materials, data, systems, tools, and equipment when designing and creating products, services, environments and digital solutions
- critique and evaluate technologies processes to identify and create solutions to a range of problems or opportunities
- investigate, design, plan, manage, create, produce and evaluate technologies solutions
- engage confidently with technologies and make informed, ethical and sustainable decisions about technologies for preferred futures including personal health and wellbeing, recreation, everyday life, the world of work and enterprise, and the environment.

### COURSE ORGANIZATION:

The study of Technologies in Food and Fabric Design can be studied across 4 semesters with the level of design and project detail increasing each semester. The first unit that is undertaken, will focus on basic concepts of design and hand skills. This will be taught whether the students are in year 9 or 10.

The students will be expected to work at a higher level with design and skills in the second unit.

## Semester 1 TF541 – First Unit (Meal Magic)

Through the use of books, videos and the web the students will look at the different stages of design. They will be taught about nutrition and how to make good choices when making meals and snacks. Correct and safe use of kitchen tools, cooking terms and safety in the kitchen will also be taught. Students will prepare a variety of healthy snacks, main dishes and beverages based on the Australian guide to healthy eating and nutritional guidelines.



### Assessment

Assessment will be in the form of a theory test on kitchen equipment and uses, nutrition and cooking terms. A practical test at the end of the semester will be used to assess practical skills in the kitchen.

## Semester 1 TF641 Multicultural Food & Lifestyle Diseases (continuing students only)

Through the use of books, videos and the web the students will look at multiculturalism in Australia. This unit will give students an opportunity to celebrate and respect diversity in cultures and individuals. In addition students will be taught about lifestyle diseases and examine how a good diet plays a significant role in the prevention of diseases.



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### Assessment

Assessment will be in the form of weekly continuous practical assessment and a design challenge to develop a food product suitable for a chosen lifestyle disease as part of a magazine research feature article. A theory and practical exam will also form part of the assessment

## Semester 2 TF642 How Entertaining! (continuing students only)



This unit will focus on current food service and catering opportunities. Students will learn to prepare and present some popular menu items. As part of their study, students will carry out food experiments to determine chemical changes in food with an emphasis on desserts.



## Assessment

Assessment will be in the form of a design challenge recipe, final presented product and an accompanying design folio. Weekly continuous cooking class sessions will also form part of the assessment. A theory based written exam will form part of the assessment.

