TECHNOLOGIES: FOOD & NUTRITION

ELECTIVE SUBJECT: Across two 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.

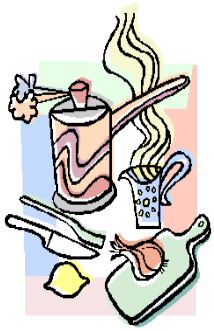
COURSE ORGANISATION:

The study of Technologies in Food and Fabric Design can be studied across four 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 and may be composite classes.

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

Semester 1 TF541 - Food & Nutrition-–Introductory First Time Unit

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. A design folio showing development of design ideas to a design challenge will also be done in the second term.

Semester 2 TF542 - Food & Nutrition

This unit will focus on sustainable cooking. Students will have an opportunity to learn about where their food comes from and ethical production of food. Students will be expected to use the knowledge gained from the unit to design sustainable recipes and complete a detailed design folio of the design challenge showing their design ideas. As part of their study prepare modern sustainable recipes and students learn about breakfast and its importance in the diet.

Assessment

For first term, assessment will be in the form of a design challenge recipe, final presented product and an accompanying design folio. This completed sustainable cooking project will be assessed. Weekly continuous cooking sessions will be assessed. A written theory exam on breakfast nutrition will also be done at the end of the semester.