

HOME ECONOMICS

FOOD & NUTRITION

FOD 101

This course is for students who have demonstrated good written and practical skills in Year 10. Students will participate in a variety of practical and related written activities that will be assessed either by Unit or Achievement Standards at Level 1.

The course is centred around health issues and basic nutrition. Topics include aspects of food handling, food safety, healthy food choices, health-promoting models and economical strategies.

There will be one external written exam at the end of the year.

***Standards offered may be subject to change in 2012.**



INTERNAL ASSESSMENT

Achievement Standards		Title	No of Credits
AS 1.1	90956	Demonstrate knowledge of an individual's nutritional needs.	5
AS 1.2	90957	Demonstrate understand of societal influences on an individual's food choices and wellbeing.	5
AS 1.4	90959	Demonstrate knowledge of practice and strategies to address food handling issues.	5

Achievement Standard		Title	No of Credits
AS 1.6	90961	Demonstrate understanding of how packaging information influences an individual's food choices and wellbeing.	4

NB Students can only opt for one of FOD 101 or ILS 103

Suggested pre-requisite	:	Minimum of Achieved in Year 10 end of year Home Economics exam
Suggested further study	:	FOD 201
Course costs/special equipment needed	:	\$110 for food requirements and course booklets
Contact person	:	Mrs M Beagley