

FOOD AND HEALTH STUDIES

[10FOD]

The Year 10 programme is based around a series of units, looking at how consumers make choices about food. There are three periods per week, including one foods practical.

TOPIC EXAMPLES INCLUDE:

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| 1) | “Getting into Gear” | An introductory workbook focussing on success in the kitchen. |
| 2) | “ <i>This Food Business</i> ” | Looking at wise consumer practices in producing, purchasing, storing and preparing food. |
| 3) | “ <i>Grain Food is Brain Food</i> ” | Looking at the bread and cereals group and what it contributes to our diet. |
| 4) | “The POWER of Food” | Nutrition studies and meal planning skills to develop a basis for healthy food choices. |
| 5) | <i>Incredible Iron</i> | Investigating a nutrient in depth. This unit also focuses on meat as a good source of iron, and alternative non meat sources. |
| 6) | <i>5+ a Day, the Vegetarian Way</i> | Understanding alternative choices of food and lifestyle patterns |
| 7) | Childcare | Basic care of young children and how food choices influence their health. The students also participate in a Babysitting Certificate run through Plunket. |



Suggested further study:

**NCEA Level 1 Food & Nutrition – FOD 101
or
Independent Living Skills level 1 – ILS103**

Course costs:

\$90/year to cover food & resource costs

Contact person for more information:

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