

Food and Nutrition

LEVEL 1

Credits: 19

Leads onto: Level 2 Hospitality or Skills for Living

Course of Study

Year 11 Food and Nutrition is an Achievement Standard based programme which develops students' food handling skills while increasing their knowledge of food, nutrition, and why people choose the food they do.

Achievements standards cover the following:

- developing food handling skills
- developing knowledge of practices and strategies required to address food handling issues.
- enhancing self-worth through successful and safe preparation of food on a personal level and/or as a shared responsibility.
- developing knowledge of an individual's nutritional needs.
- developing an understanding of how societal influences can affect an individual's food choices and well-being.
- developing an awareness of the concept of Hauora (well-being) and acknowledging the role that food plays in health and wellbeing.
- developing knowledge for the selection and preparation of food that promotes health-enhancing strategies.
- developing skills in effective and creative management of resources.
- developing an understanding of how food labeling and packaging influences an individual's food choices and well-being.

Costs: \$140 for food and course workbooks

NB: *Students can only opt for either FOD 101 or ILS 103*

Teacher Contact: Mrs Beagley