

# Independent Living Skills

---

## **LEVEL 1**

**Credits:** 18 Unit Standard credits

**Leads onto:** Level 2 Hospitality or Skills for Living

### **Course of Study**

**Year 11 Independent Living Skills** is a foods based programme which is internally assessed using Unit Standards. Students participate in a variety of practical activities including budgeting, basic food hygiene, storage of food and the preparation and cooking of light meals and snacks.

Unit standards cover:

- 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 personally and as a shared responsibility.
- Planning a budget for a family.
- Baking skills.
- Examining influences on personal wellness.

**Costs:** \$160 for food and course workbooks

**NB:** Students can only select either FOD 101 or ILS 102

**Teacher Contact:** Mrs Beagley