

FOOD STUDIES

Unit 3

Food in Daily Life

COURSE OUTLINE:

This unit initially covers how foods meet our physiological needs; how it nourishes and sometimes harms us. Influences on healthy food choice such as accessibility, beliefs, culture and marketing are covered in greater detail. The chemical changes which food undergo when processing and cooking allow students to make more informed decisions and thereby produce higher quality food products.

AREAS OF STUDY:

- The science of food
- Food choices, health and wellbeing

OUTCOMES:

On completion of this unit, students should be able to:

1. Explain the processes of eating and digesting food, and the utilisation of macronutrients, and justify the science behind the development of the Australian Dietary Guidelines, and apply principles of nutrition in practical activities to examine specific dietary needs.
2. Analyse factors affecting food behaviours of individuals through examining the relationships between food access, values, beliefs and choices, and demonstrate practical skills to evaluate factors affecting planning and preparing healthy meals for children and families.

ASSESSMENT:

S or N based on the demonstrated achievement of the outcomes specified for the unit.

Unit 4

Food Issues, Challenges & the Future

COURSE OUTLINE:

In this unit students examine debates about global and Australian food systems; including farming, environment and sustainability. Issues of food security, accessibility and wastage are also covered. The second half of this semester considers the information available to consumers, and how it can be misrepresented at times by marketers and engineers of fad diets. Students make evidence based decisions to allow more discerning food choices.

AREAS OF STUDY:

- Navigating food information
- Environment and ethics

OUTCOMES:

On completion of this unit, students should be able to:

1. Analyse food information by applying principles of evidence-based research and healthy eating recommendations to evaluate a selected food trend, fad or diet, and claims on food packaging and advertisements, and undertake practical activities that meet the healthy eating recommendations of the Australian Dietary Guidelines.
2. Critique issues affecting food systems in terms of ethics, sustainability and food sovereignty, and through practical activities propose future solutions that reflect sociocultural, sustainable and ethical food values and goals.

ASSESSMENT:

S or N based on the demonstrated achievement of the outcomes specified for the unit.