

# TECHNOLOGY

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## Food for Life

10FFL

### SUBJECT DESCRIPTION:

Food for Life focuses on advancing existing knowledge of foods and nutrition and gives an insight into VCE Food Studies. Students research reliable information sources and dietary related diseases. Production of food reflects the nutritional theory. In the second term, students study the ethics and sustainability of egg production, egg nutrition and the function of eggs in baking and nutrition. Consideration of the environment and sustainability are also explored.

In this unit, students will study:

- Principles of hygienic and safe preparation of food
- Nutrition and food models
- The design process
- Dietary diseases
- Organisation and time management in the kitchen

### VCE SUBJECT LINKS

Food Studies

### THIS SUBJECT ENHANCES LEARNING IN:

Health, Humanities, Maths, Science

### ASSESSMENT:

- Research tasks, investigation tasks and production
- Practical activities/cooking
- Examination

## International Cooking

10INC

### SUBJECT DESCRIPTION:

International Cooking allows students to explore the cuisines of various countries and to appreciate how these have impacted on contemporary eating patterns in Australia. Knowledge of various processes and ingredients key to these cuisines will be utilised as students develop and trial a modern recipe of their own.

In this unit, students will study:

- Cooking of nutritious multicultural foods
- Factors that influence personal food choices
- Current trends in foods - diet and health issues
- The design process

### VCE SUBJECT LINKS

Food Studies

### THIS SUBJECT ENHANCES LEARNING IN:

Health, Humanities, Maths, Science

### ASSESSMENT:

- Design project
- Practical activities/cooking
- Examination