

# Food for Life A

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This practically focussed course has been developed for students with an interest in food, health and wellbeing. Its main focus is on the development of the knowledge and practical skills to assist young people in establishing a lifelong healthy relationship with food.

## Course Patterns

This course is non-sequential with units offered on a semester basis (value 1.0) with half semester units available as required. Students are able to complete a minor or a major course over two years.

## Essential Concepts

- Nutritional aspects of food
- Workplace Health and Safety
- Effects of media and advertising on choice
- Influence of industry on food production and choice
- Impact of technologies on the provision of food
- Local and global availability and sustainability of resources
- Food distribution and social justice
- Culture within Australia



## Units

### Food First

This unit recognises the significance of food in festive and social occasions. The unit examines meal times and the significance of family traditions. The preparation of typical meals for breakfast, lunch, dinner, snacks and more is used to help students develop skills in the use of equipment and good preparation techniques.

### Nutrition for Life

This unit aims to develop the skills and knowledge required to make informed choices about food. Students will analyse the factors that influence food choice and examine strategies for maintaining individual health.

### Food and Culture in Australia

This unit examines the food we eat in Australia and traces the influences of the cultural groups that have contributed to our diet today. It will include the study of indigenous foods, food of the first settlers and the influence of migrant populations.

### Independent Living

This unit covers time and budget management and consumerism. The unit investigates the issues relevant to moving away from home, for example, accommodation and legal issues. Students learn to make good food choices on a restricted budget and to prepare nourishing food quickly, easily and independently.



## Essential Skills

- Food Preparation and presentation
- Safe and hygienic work practices
- Design process
- Research and evaluation
- Decision-making
- Managing resources
- Team work and organisation
- Communication

