Year 9 Food Technology

Food Technology teaches students food nutrition, culture, healthy living and sustainable food choices:

- Educating students about the relationship between food choices and being earth friendly
- Providing students with the life skill of food preparation through hands-on interactive experience
- Introducing healthy foods through the traditions and arts of different cultures

Practical areas of study:
- Where in the World (cultural food - one term)
- Eating Green (eco-friendly food – one term)

AIMS:
- Students will be introduced to practical skills that will be with them for life
- Students will be immersed in food and nutrition language and skills, whether they seek employment in the Food and Hospitality Beverage industry or lifestyle skills and food preparation
- Students’ skills in time management and organisation will be enhanced
- Studies are integrated with other areas of numeracy study, Maths → measuring, weighing and time; SOSE → multi-cultural foods and terms; Food classes; regular cooking demonstrations; basic to advanced cooking techniques
- Students will gain understanding of appropriate work methods and use of equipment and utensils

• Literacy: Students will recognise the importance of English → reading, writing
• Students will develop skills in principles of cookery, safety and hygiene – ie weekly practical cooking classes; regular cooking demonstrations; basic to advanced cooking techniques
• Students will recognise the importance of good nutrition throughout life

CONTENT:
- Principles of cookery
- Healthy food choices for students and the earth
- Adolescent nutrition
- Links between technology and healthy eating
- The composition and preparation of foods
- Teacher demonstrations
- Cultural cookery
- Hygiene, safety and measuring skills
- Eco-Friendly - Coles excursion

RELEVANCE FOR FURTHER STUDY/CAREERS, ETC:
Food Technology is included in our subject choices as a lead into the senior subjects of Certificate II in Hospitality, Certificate II in Kitchen Operations, Hospitality Studies and Tourism (Certificate II). This subject has particular relevance for students who wish to enter any professions related to food or where good ‘people skills’ are required. Students will benefit in many ways by developing a broad range of skills. Food Technology is particularly relevant to students wishing to gain entry to the school’s Trade Training Centre courses.