



Stage 5 Food Technology

Subject area: Food Technology

Focus area: Food service and catering

Core: Nutrition and consumption

Unit name: Edible enterprise!

Duration: 20 weeks (2 double periods at 75 minutes)

Placement: Year 9

Unit description

Knowledge of nutrition is integral to making healthy food choices. Students will examine the nutritional components of food and food developments aimed at enhancing health, the impact of food consumption on nutrition and explore ways of meeting nutritional requirements to maintain optimum nutrition or manage nutritional issues.

Food service and catering are important areas of the food industry. They provide people with both food and employment. Students will examine food service and catering ventures and their operations across a variety of settings and investigate employment opportunities. Students will plan and prepare safe and appealing foods appropriate for catering for small or large-scale functions.

Syllabus outcomes

Core outcomes

A student:

- 5.3.1 describes the relationship between food consumption, the nutritional value of foods and the health of individuals and communities.
- 5.4.1 collects, evaluates and applies information from a variety of sources.
- 5.4.2 communicates ideas and information from a variety of sources.
- 5.6.2 evaluates the impact of activities related to food on the individual, society and the environment.

Focus area outcomes

- 5.3.2 justifies food choices by analyzing the factors that influence eating habits
- 5.5.1 selects and employs appropriate techniques and equipment for a variety of food-specific purposes
- 5.5.2 plans, prepares, presents and evaluates food solutions for specific purposes
- 5.6.1 examines the relationship between food, technology and society.



Unit objectives

Knowledge, understanding and skills

Students will develop:

1. Knowledge, understanding and skills related to food hygiene, safety and the provision of quality food.
2. Knowledge and understanding of food properties, processing and preparation and an appreciation of their interrelationship to produce quality food.
3. Knowledge and understanding of nutrition and food consumption and an appreciation of the consequences of food choices on health.
4. Skills in researching, evaluating and communicating issues in relation to food.
5. Skills in designing, producing and evaluating solutions for specific food purposes.
6. Knowledge, understanding and appreciation of the significant role of food in society.

Resources

Ashley, S. and Anderson, S. () *Recipes for Large Numbers*, Hospitality Press.

Fawcett, M. and Lee, L. (1995) *Food Tech Issues*, McGraw Hill.

Weihen, L., Aduckiewicz, J., Amys, J. (1995) *Investigating Food Technology*, Heinemann.

Van Der Wagen, L. () *Hospitality Career*, Hospitality Press.

Additional content

Birt, I. () *Making Small Business Work For You*, Heinemann.

Useful web sites

For exploring the incidence of and reasons for eating disorders in women and men.

Women's Health Queensland Wide Inc. Updated January 2003

www.womhealth.org.au/studentfactsheets/eatingdisorders.htm

Kids Help Line. Updated January 2004

www.kidshelp.com.au/research/INFOSHEETS/19EATINGBEHAVIOURS.PDF

Anorexia Nervosa and Related Eating Disorders, Inc. Updated January 2004

www.anred.com

For analyzing the nutritive content of food.

Australian Government Department of Health and Ageing. Updated 2 May 2002

www.nhmrc.gov.au/publications/diet/n6p3.htm

For investigating employment opportunities in the hospitality industry.

Careerone Services Pty, Ltd. Updated 2003

www.careerone.com.au

Hcareers UK. Updated 2004

www.hcareers.com