



Stage 5 Food Technology

Overview

Year 9 (38 weeks)	Year 10 (30 weeks)
Unit 1: Food in Australia 8 weeks <i>Outcomes</i> Focus: 5.3.2, 5.5.1, 5.5.2, 5.6.1 Core: 5.1.1, 5.3.1	Unit 1: Food service and catering 11 weeks <i>Outcomes</i> Focus: 5.3.2, 5.5.1, 5.5.2, 5.6.1 Core: 5.3.1, 5.4.1, 5.5.2, 5.6.1, 5.1.1, 5.1.2, 5.2.2, 5.2.3, 5.6.2
Unit 2: Food selection and health 10 weeks <i>Outcomes</i> Focus: 5.2.1, 5.3.2, 5.5.1, 5.5.2, 5.6.1 Core: 5.1.1, 5.3.1	Unit 2: Food for special occasions 6 weeks <i>Outcomes</i> Focus: 5.3.2, 5.5.1, 5.5.2, 5.6.1 Core: 5.3.1, 5.6.2, 5.2.3, 5.1.1, 5.1.2, 5.2.1, 5.2.2
Unit 3: Food for special needs 8 weeks <i>Outcomes</i> Focus: 5.3.2, 5.5.1, 5.5.2, 5.6.1 Core: 5.3.1, 5.4.1	Unit 3: Food trends 8 weeks <i>Outcomes</i> Focus: 5.3.2, 5.5.1, 5.5.2, 5.6.1 Core: 5.3.1, 5.4.1, 5.6.2, 5.4.2, 5.5.1, 5.1.2, 5.2.1, 5.2.2, 5.2.3, 5.6.2
Unit 4: Food product development 12 weeks <i>Outcomes</i> Focus: 5.3.2, 5.5.1, 5.5.2, 5.6.1 Core: 5.1.1, 5.2.1, 5.2.2, 5.6.2	Unit 4: Food equity 5 weeks <i>Outcomes</i> Focus: 5.3.2, 5.5.1, 5.5.2, 5.6.2 Core: 5.1.1, 5.1.2, 5.2.1, 5.2.2, 5.2.3, 5.6.2, 5.3.1, 5.4.1, 5.4.2, 5.6.2



Overview of Food Technology

Year 9 (38 weeks)

Term 1: Food in Australia

8 weeks (Introduction and development of basic skills.)

- Influences on early food selection and health.
- Food safety and hygiene practices.
- Role of technology in food preparation.
- Food consumption in Australia. Impact on nutrient intake and health (to lead into next unit of work).

Term 2: Food Selection and Health

10 weeks (Nutrition information essential to course.)

- Nutritional components of food.
- Basic ingredients used in food preparation.
- Reasons for cooking foods.
- Properties of food.
- National guidelines for health eating.
- Nutritional requirements at different stages of the life cycle.
- Implications of under and over nutrition.
- Anorexia and restrained eating.

NB: Next term students may be selecting electives for Year 10.

Term 3: Food For Special Needs

8 weeks (Interesting to students as it has a more personal focus.)

- Foods developed to enhance health.
- Current developments in food modification.
- Selection of nutritious foods.
- Balanced diets for various stages of the life cycle.
- Presentation and service of food.
- Food safety legislation.

Term 4: Food Product Development

12 weeks (Allows students to see breadth of possibilities with food.)

- Food packaging and labeling.
- Food consumption patterns.
- Physical and nutritive effects of preparation and processing on food.
- Food deterioration and spoilage.
- Principles of food preservation and spoilage.
- Industrial food preparation.
- Use of spreadsheets and graphs for analysis.
- Preventing nutritive loss during preparation and processing.

Time allocation

Time allocation varies for each unit. The first three units are really building up knowledge and skills for the food product development unit. Pre-requisite skills and understanding of nutrition, safety, etc are required before the this unit is undertaken. All core areas are covered in the 100-hour course for Year 9.



Overview of Food Technology

Year 10 (30 weeks)

Term 1: Food Service and Catering

11 weeks (Includes experience in a local restaurant.)

- Revision of food service and hygiene practices.
- Economic and social value of food.
- Catering industry requirements.
- Consumer rights and responsibilities of food service.
- Food deterioration and spoilage.
- Menu planning.
- Food consumption trends.
- Recipe development and purchasing system.
- Impact of food consumption on Australia's health.
- Food service for various occasions.

Term 2: Food For Special Occasions

6 weeks (Includes entertaining a special visitor.)

- Role of celebrations for special occasions.
- Principles of preserving food.
- Menu planning and work flows.
- Physical and nutritive effects of preparation and processing on food.

End of Term 2 and Term 3: Food Trends

8 weeks (Includes lots of core revision.)

- Past and present food trends.
- Revise food properties.
- Types of hospitality establishments.
- Revise how food needs change in life cycle.
- Factors influencing food trends.
- Revision of dietary guidelines.

End of Term 3: Food Equity

5 weeks (More revision and broadening of global knowledge.)

- Reasons for food inequity in the world.
- Revise food and health, under and over nutrition, impact of processing.
- Groups that experience food inequities.
- Revision of packaging.
- Influences on food availability.
- Revise nutrition labeling.
- Food production practices, aid relief.
- Designing safe foods for specific situations.

Time allocation

We find there is a lot of lost time in Year 10 in our school, for example, trial exams, half yearly exams, career sessions, School Certificate in early November. Hence we have planned for only 30 weeks of teaching time.

The catering and entertaining units are completed in Year 10 as skills and knowledge are further developed than in Year 9, also because the students have more maturity and interest in working at the local restaurant.



Year 9 resources

Videos

Body Beat

Too Much of A Good Thing

Food – Aboriginals, Problems, Health: Classroom video

Whole World of Australian Dairy Foods

Food For Thought: ABC Schools Television

Food and the Body

Newspapers

"The Food We Eat", *The Australian*, August, 2003

Books

Nutrition – The Inside Story

Fawcett, M. and Lee, L., *Food Technology Issues*

Tull, A., *Food and Nutrition*

Periodicals

Vogue Entertaining – Guide to Living

Country Life



Year 10 resources

Food service and catering

Books

Chiplin, J., Hospitality – Core Units
Meredith, S., Sullivan, C., Wailey, L. and Redmond, B., *Hospitality – Books 1 and 2*
Food Standards of 2002
Home Economics Institute of Australia, *Nutrition – The Inside Story*

Video

Food For Thought – At Your Service Food Catering
Diabetic Kids are Normal: Video Education Australia

Online

www.foodstandard.gov.au
www.govet.nsw.edu.au
www.gnc.com/healthnotes/supp/probiotics.htm

CD ROM

Dept of Education, Training and Youth Affairs, *Welcome to Hospitality*

Food for special occasions

Video

The Good Elf Way to Good Health: Dairy Corporation

Books

Home Economics Institute of Australia, *Nutrition – The Inside Story*

Food trends

Newspaper

“The Food We Eat”, *The Australian*, August 2003

Periodicals

“Vogue – Guide To Living”

Books

CWA Recipe Book
Red Cross Recipe Book
School Recipe Book
Home Economics Institute of Australia, *Nutrition – The Inside Story*



Food equity

Periodicals

New Internationalist, March 2003, January/February 2003

Newspaper

"The Food We Eat", *The Australian*, August 2003

Video

Bulimia, (60 minutes presentation)

Books

Home Economics Institute of Australia, *Nutrition – The Inside Story*

Fawcett, M. and Lee, L., *Food Technology Issues*

Tull, A., *Food and Nutrition*