

Food Studies A

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Food is fundamental to our lives and impacts directly on the wellbeing of individuals, families and communities. In Food Studies, you will experience the role of food across a range of contexts, cultures and experiences. You will learn to value the contributions of primary producers, manufacturers, retailers and cooks to the experience of a healthy and sustainable life while exploring and responding to the factors that determine food choices locally, nationally and globally.

You will develop knowledge and understanding of the properties and characteristics of food and apply that understanding to the preparation of aesthetically pleasing and nutritious food, while paying special attention to:

- Analysing industry practices, processes and procedures
- Analysing technical information and specifications
- Understanding materials and equipment
- Demonstrating industry specific literacy and numeracy skills
- Solving problems and use industry specific terminology
- Organising resources and material to create quality products and services
- Working independently and collaboratively in accordance with WHS principles and industry standards
- Communicating in a range of modes and mediums.



Unit Titles

Food and Health

In this unit, you will:

- Develop skills in the selection and use of food, equipment and techniques to produce a variety of food items.
- Select and use appropriate ingredients, equipment and techniques to produce quality food items, and use hygienic and safe practices in the selection, handling and storage of food.
- Demonstrate safe practices in the use of equipment and appliances, develop an understanding of the nature of food, nutrition and the relationship of food to health, and learn to recognize the aesthetic and nutritional value of a variety of foods.
- Apply knowledge of the aesthetic and nutritional value of foods to meet a range of dietary and cultural needs, while understanding the impact of food on health.

Food Choices

In this unit, you will:

- Develop knowledge and understanding of the functional properties and sensory characteristics and processes of food for a range of applications.
- Evaluate the sustainability of food packaging while learning about the factors that influence food choices and food production.
- Use a problem-solving approach to explore and apply a range of techniques and processes for producing food products. Investigate the influence of a range of factors on the selection of food available to consumers, and consider the challenges people face in accessing healthy food, including seasonal availability, and propose solutions.

Food Communities

In this unit, you will:

- Explore the cultural experience of food from a variety of local and global communities to understand the cultural significance of the food and its role in customs and traditions.
- Develop intercultural understanding through the medium of food, the prevalence and significance of food types and practices.
- Understand worldwide consumption patterns and food practices responding to ecological and economic context. They apply their cultural knowledge and authentic production techniques to prepare and deliver a food based cultural experience.

Contemporary Food

In this unit, you will:

- Develop an appreciation of the strengths and weaknesses of emerging and contemporary food and food products in society and make informed and ethical decisions as consumers.
- Explore factors that contribute to innovations in the quality, styles, forms and availability of food.
- Review innovations and contemporary trends in the preparation and presentation of foods, such as advertising and consumer demand, sustainable food production, the desire for novelty, food styling and the impact of social media.



Independent Study

To qualify, you must have studied at least THREE standard 1.0 units from this course. An independent study unit has an important place in senior secondary courses. It is a valuable pedagogical approach that empowers to make decisions about your own learning. The program of learning for a negotiated study unit must meet all the content descriptions as appears in the unit.

