

Focus area: Food selection and health

The health of communities is related to the nutritional content of the food eaten. Students will examine the role of food and its nutritional components in the body, explore the nutritional needs of individuals and groups, explain the effects of poor nutrition and investigate means of improving the nutritional status of individuals and groups. Students will select, plan and prepare safe and nutritious foods to reflect national food guides.

Outcomes

A student:

- 5.3.2 justifies food choices by analysing 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

Students learn about:

- Hygiene and Safety in the kitchen
- function of food in the body
 - growth and development
 - provide energy
 - repair and maintain the body's cells
- digestion of food
 - gastro-intestinal tract
 - process of digestion
 - absorption of nutrients
 - metabolism
- function and sources of food components including
 - proteins
 - carbohydrates/fibre
 - lipids
 - vitamins and minerals
- nutritional needs including
 - factors that affect nutritional needs
 - Recommended Dietary Intakes (RDIs) for various life stages
- factors that influence food habits including
 - social practices
 - religious
 - geographic location
 - economic situation
 - technological developments
 - individual preferences
 - mass media

Students learn to:

- outline the functions of food in the body
- describe the process of digestion
- outline the source and function of the components of food
- identify RDIs of major nutrients at various life stages
- select foods to provide a balanced intake of nutrients
- design and prepare a menu/meal/dish to meet the needs of specific groups
- recognise the factors that influence food habits and explain how they affect food choices

Students learn about: <ul style="list-style-type: none">• nutritional implications of food consumption patterns – under and over nutrition• response to general nutrition levels including<ul style="list-style-type: none">– social, political and manufacturing directions– ethical responsibilities of government and manufacturers• application of food guides for menu planning and food choices	Students learn to: <ul style="list-style-type: none">• outline the effects of excess/insufficient nutrient intakes• discuss responses by various groups to general nutrition levels• evaluate the usefulness of nutritional food guides• analyse the nutritional value of a menu, meal or food item• modify a menu, meal or food item to reflect food guides• design, plan and prepare safe and nutritious food items to reflect food guides
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