

Unit 7: Foods for Special Needs
Glossary of Terms

Term	Definition
Life Cycle	
Anaemia	
Lactation	
Wean	
Malnutrition	
Food Allergy	
Food Intolerance	
Convalescence	
Vegetarian	
Perishable	
Non-Perishable	

Focus area: Food for special needs

Special food needs arise for a variety of reasons including age, health, lifestyle choices, cultural influences or logistical circumstances. Students will explore a range of special food needs and the means to satisfy these. Students will plan and prepare safe and nutritious foods to meet specific food needs in various circumstances.

<p>Outcomes A student:</p> <p>5.3.2 justifies food choices by analysing the factors that influence eating habits</p> <p>5.5.1 selects and employs appropriate techniques and equipment for a variety of food-specific purposes</p> <p>5.5.2 plans, prepares, presents and evaluates food solutions for specific purposes</p> <p>5.6.1 examines the relationship between food, technology and society</p>	
<p>Students learn about:</p> <ul style="list-style-type: none"> ◦ circumstances which lead to special food needs including <ul style="list-style-type: none"> – stages of the life cycle – health status such as <ul style="list-style-type: none"> - allergies and intolerances - recovery from illness/injury - diet-related disorders – lifestyle choices such as <ul style="list-style-type: none"> - athletes - vegetarians – cultural influences and religious beliefs – logistical considerations such as bush walking, camping, hospitals, canteens, nursing homes and plane travel ◦ support networks for individuals with special needs ◦ preparation and processing of foods for special needs such as low kilojoule, low salt, high fibre, high protein, low fat 	<p>Students learn to:</p> <ul style="list-style-type: none"> ◦ identify the circumstances that may lead an individual to have special needs ◦ outline the special requirements for each stage of the life cycle ◦ explore the impact of a variety of health needs on the food requirements of the individual ◦ investigate the effects of lifestyle on food needs ◦ examine cultural influences and religious beliefs which may impact upon food needs ◦ identify the logistical impacts on food needs and suggest suitable methods of meeting these logistical needs ◦ examine a range of support networks available for individuals with special needs ◦ identify examples of foods that are processed/prepared to suit individuals with special needs ◦ assess the suitability of a range of processed/prepared foods for dietary disorders ◦ explore methods of processing/preparing foods in the home to suit a specific need
<p>Students learn about:</p> <ul style="list-style-type: none"> ◦ planning considerations for safe and nutritious foods for special needs <ul style="list-style-type: none"> – menus for special needs – number of courses – customer – cost – time available 	<p>Students learn to:</p> <ul style="list-style-type: none"> ◦ analyse the nutritive value of a dish ◦ identify foods that are suitable for a number of special needs ◦ design, plan and prepare a menu/meal/dish suitable for a particular special need