

FOOD & NUTRITION

WHAT TYPE OF SUBJECT IS FOOD AND NUTRITION?

Food & Nutrition is the study of food in the context of food science, nutrition and food technologies, considering overarching concepts of waste management, sustainability and food protection.

Students explore the chemical and functional properties of nutrients to create food solutions that maintain the beneficial nutritive values. This knowledge is fundamental for continued development of a safe and sustainable food system that can produce high quality, nutritious solutions with an extended shelf life.

Their studies of the food system include the sectors of production, processing, distribution, consumption, research and development.

Students actively engage in a food and nutrition problem-solving process to create food solutions that contribute positively to preferred personal, social, ethical, economic, environmental, legal, sustainable and technological futures.

PATHWAYS

A course of study in Food & Nutrition can establish a basis for further education and employment in the fields of science, technology, engineering and health.

OBJECTIVES

By the conclusion of the course of study, students will:

- recognise and describe food technology facts and principles
- explain food technology ideas and problems
- analyse problems, information and data
- determine solution requirements and criteria
- synthesise information and data to develop ideas for solutions
- generate solutions to provide data to determine the feasibility of the solution
- evaluate and refine ideas and solutions to make justified recommendations for enhancement
- make decisions about and use mode- appropriate features, language and conventions for particular purposes and contexts

STRUCTURE

Unit 1	Unit 2	Unit 3	Unit 4
Food Science of Vitamins, Minerals & Protein	Food Drivers & Emerging Trends	Food Science of Carbohydrate & Fat	Food Solution Development for Nutrition Consumer Markets
Introduction to The Food System Vitamins & Minerals Protein Developing Food Solutions	Consumer Food Drivers Sensory Profiling Labelling & Food Safety Food formulation for Consumer Markets	The Food System Carbohydrate Fat Developing Food Solutions	Formulation & Reformulation for Nutrition Consumer Markets Food Development Process

ASSESSMENT

In Units 1 and 2, all assessment is formative. However, the assessment in Units 1 and 2 will model that which students will encounter in Units 3 and 4. In Units 3 and 4 students complete four summative assessments. The results from each of the assessments are added together to provide a subject score out of 100. Students will also receive an overall subject result (A–E).

Unit 3		Unit 4	
Summative Internal Assessment 1 (IA1): Examination	20%	Summative Internal Assessment 3 (IA3): Project - Folio	30%
Summative Internal Assessment 2 (IA2): Project – Folio	25%	Summative External Assessment (EA): Examination	25%