

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 | Consumer Food Drivers | The Food System | Formulation & Reformulation for Nutrition Consumer Markets |
| Vitamins & Minerals | Sensory Profiling | Carbohydrate | |
| Protein | Labelling & Food Safety | Fat | |
| Developing Food Solutions | Food formulation for Consumer Markets | Developing Food Solutions | |
| | | | 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 | |
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| 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% |