

Ringwood Secondary College
2017 Course Planning Document

VCE Unit 3- FOOD STUDIES

Time Allocation

This unit of work will consist of approximately 100 hours of which at least 50 hours will be class time. **To complete this unit of work satisfactorily, students must complete each of the following learning outcomes.**

Learning Outcomes

Outcome 1- The science of food

The student should be able to explain the processes of eating and digesting food and absorption of macronutrients, explain causes and effects of food allergies, food intolerances and food contamination, analyse food selection models, and apply principles of nutrition and food science in the creation of food products.

Outcome 2- Food choice, health and well being

The student should be able to explain and analyse factors affecting food access and choice, analyse the influences that shape an individual's food values, beliefs and behaviours, and apply practical skills to create a range of healthy meals for children and families.

Assessment Tasks

1. Outcome 1- The science of food

The student is required to produce a range of practical activities and records of two practical activities related to the functional properties and components of food and a short written report.

Weighting: This task is worth 15% of the overall grade **Time allocated to task:** 2 periods

Due: Term 1, Week 6

2. Outcome 2- Food choice health and well being

The student is required to produce a range of practical activities and records of two practical activities related to healthy meals for children and families and a short written report.

Weighting: This task is worth 15% of the overall grade **Time allocated to task:** 2 periods

Due: Term 2, Week 5