Food and Nutrition develops important knowledge and skills in food preparation and healthy eating. The practical cooking lessons will reflect the work covered in theory classes. It also provides relevant background for future study in VCE Food and Technology.

In Food and Nutrition students will learn how to prepare food safely and hygienically using appropriate tools and equipment. They will develop an understanding of factors that affect menu planning and attractive food presentation. An understanding of nutrition and diet related diseases will be developed. Students explore food models that assist in making healthy food choices. Cooking methods and changes that occur during cooking will be studied as well as cultural influences on food selection. The students will also have the opportunity to use their creativity to design, plan and prepare meals suitable for a variety of occasions. As part of the design process they will develop the ability to analyse the taste, texture and appearance of foods they have prepared using their senses. Work plans will be prepared to assist in developing organisational skills during practical classes.

By the end of the course students will be able to select appropriate tools and equipment and demonstrate skills required for safe preparation, cooking and presentation of food. They will also be able to use the design process to plan, design, produce and evaluate food for a particular situation.

**Major Topics Covered**

*Units Include:*
- Safety and hygiene
- Eating with family and friends
- Eat well, Live well
- Eating well for the future
- Methods of cooking
- Kitchen secrets
- Global goodies

**Pre-requisite Subjects**

Nil

**Fees -** Allow $100 per year in addition to the general materials charge.