

2010 SENIOR COURSE INFORMATION

Head of Subject: Mrs Megan Payton

SUBJECT: Food & Nutrition

	Year 12	Year 13
Course Content	<p>1 Local food. Students individually research different types of foods produced locally and produce a meal using a local food.</p> <p>2. High Energy users. Nutritional requirements for this group are identified and compared with what is being eaten. Strategies recommending changes are discussed. Food suitable for high energy users is prepared.</p> <p>3. Mid Winter christmas. A formal meal is prepared in groups and this is used as an activity to develop and apply an evaluation.</p> <p>4. Vegetarianism. In depth studies identifying different types of vegetarians and why people choose this eating pattern. Meal planning and practical experience cooking a range of vegetarian dishes and meals.</p> <p>5. N.Z Eating patterns. This looks at health determinants and eating patterns of New Zealanders. Obesity is identified as a main concern and strategies to reduce the incidence are explored and evaluated.</p>	<p>1. The interdependence between eating patterns, lifestyle and health are discussed. Strategies for health promoting changes are identified and evaluated. Sample food intakes are evaluated in relation to nutrient intake and health promoting models.</p> <p>2. Food Safety and hygiene are explored in relation to the HACCP method which can be applied to any food preparation situation. The different steps in HACCP are identified and sample plans written.</p> <p>3. Food for a Special occasion: Planning, preparation and service of food for a special occasion is done in small groups to prepare food for a group (minimum of 8 people). A method of evaluation is developed for the whole process.</p> <p>4. Creativity: Individual study to develop creativity in the planning, preparation & presentation using two specific meal situations. Food is served to student and one guest.</p> <p>5. Investigate & analyse different advertising strategies & media messages in depth and analyse their influence on people's food choices.</p>
Pre Requisites	Nil but students who have completed Level 1 have an advantage	Nil but students who have completed Level 2 have an advantage
Assessment	<p>External Assessment: 8 credits</p> <p>2.2 (90244) Explore beliefs & attitude associated with vegetarianism (4)</p> <p>2.4 (90246) Examine New Zealand's Dietary patterns. (4)</p> <p>Internal Assessment: 17 credits</p> <p>US 6640 Describe & Prepare Locally available Food. (5)</p> <p>US6644 Provide nutritious food for a Vegetarian. (6)</p> <p>US15621 Develop, with guidance, and apply an evaluation for an activity in food Technology or Nutrition. (2)</p> <p>2.3(90245) Examine the Nutritional considerations of people with high Energy Needs. (4)</p>	<p>External Assessment: 4 credits</p> <p>3.3 (90533) Analyse the influences & effects of media messages about Food & Nutrition.</p> <p>Internal Assessment: 22 credits</p> <p>3.2 (90532) Discuss strategies for achieving health enhancing changes for an individual. (4)</p> <p>US6630: Demonstrate a knowledge of food Safety. (5)</p> <p>US615622: Develop & apply an evaluation for an activity in food Technology or Nutrition. (3)</p> <p>US6648: Provide Food for a Special Occasion. (4)</p> <p>US15627: Demonstrate creativity in Meal preparation & presentation. (6)</p> <p>Units chosen is dependent on the needs of the students.</p>
Costs	\$16.00 per term	<p>\$16.00 per term(3 terms)</p> <p>\$18.00 per term(1 term)</p>