

Food Technology

The following contains a description of the course we offer to students at St Marys Senior High. It is intended as a guide to help you select your subjects and you should read it carefully.

Please note:

- The details given represent the way that the course is delivered at St Marys Senior High and may involve different choices from the way other schools might operate the same course.
- Classes can only be formed where sufficient students select the particular course. The fact that a course is listed here is not a commitment to run the course in a particular year.
- The arrangements for particular courses are subject to change for a variety of reasons.

Food Technology - Course Details

Units	Type	ATAR	Faculty Teaching This Course
2	Board Developed Course – Examinable at the HSC, marks can be used to count towards an ATAR	A – Counts towards an ATAR with no restrictions	TAS/PDHPE

What will I be doing in this course?

In Food Technology students develop an understanding about food systems and skills that will enable them to make informed decisions and carry out responsible actions when selecting and preparing food. Students will also develop an appreciation of the importance of food to individual health and wellbeing and to the social and economic future of Australia.

Food Technology involves practical applications where students will prepare a range of foods and conduct experiments in relation to food properties and food product development.

Preliminary Course:

- Food availability and selection - influences on food availability and factors affecting food selection
- Food quality - safe storage of food, safe preparation, presentation of food, sensory characteristics of food and functional properties of food
- Nutrition - food nutrients, diets for optimal nutrition

HSC Course:

- Food manufacture - production and processing of food, preservation, packaging, storage and distribution
- Australian Food Industry - sectors of the Australian food industry, aspects of the Australian food industry, policy and legislation
- Food product development - types, reasons and steps in food product development and marketing plans.
- Contemporary nutrition issues - diet and health in Australia and influences on nutritional status.

What should I be able to do at the end of the course?

Students will develop:

- Knowledge and understanding about food systems in the production, processing and consumption of food and an appreciation of their impact on society.
- Knowledge and understanding about the nature of food and human nutrition and an appreciation of the importance of food to health.
- Skills in researching, analysing and communicating food issues.
- Skills in experimenting with and preparing food by applying theoretical concepts.
- Skills in designing, implementing and evaluating solutions to food situations.

How will this course help me in the future?

Students will be able to make informed decisions when selecting, preparing and serving food for themselves and their family. They will understand the importance of nutrition as they move through each stage of the life cycle and have a deep knowledge about the role of diet in the development of conditions including obesity, diabetes, cardiovascular disease and food allergies.

Studying Food Technology will provide students with the knowledge, skills and attitudes to contribute to careers in dietetics, food technology, teaching, nutrition, food product development, food manufacture, marketing and advertising.