

# FOOD AND NUTRITION



## Elective Learning Area

### Course Outline

Food and 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.

### Pathways

Year 11 Food and Nutrition

### Structure

Areas of study	Core topics
<ul style="list-style-type: none"><li>• The Food System</li><li>• Nutrients Found in Food</li><li>• Sensory Profiling</li><li>• The Chemical and Functional Properties of Protein</li><li>• The Chemical and Functional Properties of Carbohydrates</li><li>• Food Safety</li><li>• Preservation and Spoilage Prevention</li><li>• Consumer Driver and Developing Food Solutions</li></ul>	<ul style="list-style-type: none"><li>• Recognise and describe food and nutrition facts and principles</li><li>• Explain food and nutrition ideas and problems</li><li>• Determine solution requirements and criteria</li><li>• Generate solutions to provide data to determine the feasibility of the solution</li><li>• Make decisions about and use mode-appropriate features, language and conventions for particular purposes and contexts.</li></ul>

### Assessment

Examination  
s Project  
Folio

### Additional Costs

Additional cost will include ingredients for assessment tasks