

FOOD & NUTRITION - HOME ECONOMICS

LEVEL 1

PREREQUISITES Nil

COURSE OUTLINE

This course will explore the important part food plays in our lives. Students will learn about influences in society on our eating patterns, and develop practical skills for everyday life and future employment.

Throughout this course you will be encouraged to:

- Communicate how the total well-being of an individual can be maintained and enhanced
- Investigate differences in attitudes, values and beliefs in relation to food choices
- Demonstrate skills in techniques and processes in practical foods based activities
- Demonstrate skills in planning and selection of food for individuals that meet the National Nutrition Guidelines
- Demonstrate health enhancing attitudes in the selection and preparation of food.
- Effectively manage resources.

ASSESSMENT

By successfully completing this course, you should be able to achieve 19 credits towards NCEA Level 1. The credits will be achieved from Achievement Standards. Some of these will be internally assessed and some externally assessed.

| No. | Assessment Choices | Credits | Mode |
|------------|--|----------------|-------------|
| 90956 | Demonstrate knowledge of an individual's nutritional needs | 5 | Internal |
| 90957 | Demonstrate understanding of societal influences on an individual's food choices and well-being | 5 | Internal |
| 90959 | Demonstrate knowledge of practices and strategies to address food handling issues | 5 | Internal |
| 90961 | Demonstrate understanding of how packaging information can influence an individual's food choices and well-being | 4 | External |

WHERE DOES IT LEAD?

Level 2 Food and Nutrition. Tertiary Study - Food Technologist, Dietician, Food Engineers/Scientist, Biotechnologist. Careers in the industry - Chef, Baker, Meat Inspector, Butcher, Hotel Management

CONTRIBUTION \$100

LITERACY LEVEL 1 19 credits available (all of the above standards)

CONTACT TIC Food & Nutrition - Mrs Paul