

# Year 9/10 Eating for Good Health

## Semester 1 Course Outline

This is a practical course which will give students the skills to prepare, cook and present a variety of foods suitable to incorporate into daily eating patterns. Students will learn about the importance of nutrition as it relates to health. They will also develop an understanding of the relationship between food and other lifestyle factors in maintaining good health.

### Learning Outcomes

Students will be assessed on the following Learning Outcomes:

- 9/10.1085 - Applies decision-making and problem-solving skills when taking action to enhance own and others' health, safety and wellbeing
- 9/10.994 - Selects and uses appropriate technologies skilfully and safely to produce high-quality designed solutions suitable for the intended purpose
- 9/10.993 - Independently and collaboratively applies sequenced production and management plans when producing designed solutions, making adjustments to plans when necessary

### Assessment Tasks

Students will be assessed on their participation and completion of classwork and assessment tasks.

Task	Week Due*
Home Cooking Assignment.	Term 2, Week 3
Practical Cookery and Bookwork	Ongoing.

\*Due dates are an estimate only

**Teacher:** Jane Hubbard

**Executive Teachers:** Jo Power and Clare Incher