

Year 9/10 Eating for Good Health

Semester 2 Course Outline

This course is a mixture of practical and theory. Students will have the opportunity to gain the knowledge and skills to live a healthier lifestyle through nutrition. They will learn how to prepare, cook and present a variety of meals in a safe and hygienic kitchen. Students will explore nutrition fundamentals, learning how to increase their overall wellbeing through reflecting and making adjustments to their diet.

Learning Outcomes

Students will be assessed on the following Learning Outcomes:

- Y9/10.1081 - Accesses, synthesises and applies health information from credible sources to propose and justifies responses to health situations
- 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*
Practical Cookery	Ongoing
Bookwork	Ongoing
Food Journal + reflection	Week 10
Research Reflections	Term 4, ongoing

*Due dates are an estimate only

Teacher: Kate Langenhorst

Executive Teachers: Jo Power and Clare Incher