

Food Technology

What is this subject about?

Food Technology in Year 9 is about learning how to use various pieces of equipment in order to create delicious and nutritious meals. Students learn what to look for when buying foods as well as how to prepare food products safely. They will study basic nutrition and seek to understand what nutrients people require at different stages of life. Practical experiences occur on a weekly basis and always relate to the theory work being studied at the time. The excursion to the Botanic Gardens to study bush foods is a highlight.

Year 10 Food Technology begins with a cultural food tour of Bankstown to gain an understanding of street food from around the world. Following this, students will design their own individual food product before taking a more global approach to food issues in the Food Equity unit. The units of work are selected to support the Global Education Program run at the end of Year 10.

Term	Focus Area	Description
Year 9	Food in Australia	From bush foods to our present-day cuisine.
	Food Selection and Health	What foods do we eat to be healthy?
	Food for Special Needs	What foods do athletes and vegetarians need?
	Food for Special Occasions	Creating festive foods from around the world.
Year 10	Food Service and Catering	A close study of the hospitality industry.
	Food Product Development	Design the next big food idea.
	Food Equity	What affects food supply in poorer countries?

Why study this subject?

The study of Food Technology provides students with a broad knowledge of food properties, processing, preparation and their nutritional interrelationships. The importance of hygiene and safe working practices in food production is crucial to the student's overall appreciation of food quality. The course is both practical and relevant as well as good preparation for university and TAFE, working in the food industry or as a nutritionist, food technologist or dietitian.

Learning experiences

Approximately half the course involves food-related experiences including weekly practical applications of the theory being studied at the time.	Practical work can include: <ul style="list-style-type: none"> • Chocolate Wattleseed Mousse • Spinach Fettuccini with Tomato, Basil and Prosciutto • Bacon and Cheese Chilli Hot Dogs • Japanese Ramen • Berry Meringue Cupcakes • German Pretzels 	The excursions to the Botanic Gardens and Bankstown are highlights which lead to consolidation of learning into real life applications of the course work.
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The Food Technology practical work can accommodate vegetarians and vegans, dairy and egg free, gluten free, low FODMAP and other dietary requirements.