

Food Studies

Units 1-2

VCE Food Studies takes an interdisciplinary approach to the exploration of food, with an emphasis on extending food knowledge and skills and building individual pathways to health and wellbeing through the application of practical food skills. VCE Food Studies provides a framework for informed and confident food selection and food preparation within today's complex architecture of influences and choices.

Students explore food from a wide range of perspectives. They study past and present patterns of eating, Australian and global food production systems and the many physical and social functions and roles of food. They research economic, environmental and ethical dimensions of food and critically evaluate information, marketing messages and new trends.

Practical work is integral to Food Studies and includes cooking, demonstrations, creating and responding to design briefs, dietary analysis, food sampling and taste-testing, sensory analysis, product analysis and scientific experiments.

UNIT 1

This unit focuses on food from historical and cultural perspectives. Students investigate the origins and roles of food through time and across the world. In Area of Study 1 students explore how humanity has historically sourced its food, examining the general progression from hunter-gatherer to rural-based agriculture, to today's urban living and global trade in food.

LEARNING ACTIVITIES

This subject is practical and you are required to demonstrate practical skills including organisational and technical, in relation to the preparation, cooking and presentation of food. You will also be required research and explain key historical factors and developments in global food production systems. You will be also asked to identify foods that can be traced back to early cultures and demonstrate contemporary uses and recipes through practical activities

KEY SKILLS REQUIRED

Organisation, creativity, ability to follow instructions carefully, practical cooking knowledge.

ASSESSED TASKS

Folio of work, written reports.

UNIT 2

In this unit students investigate food systems in contemporary Australia. Area of Study 1 focuses on commercial food production industries, while Area of Study 2 looks at food production in small-scale domestic settings, as both a comparison and complement to commercial production. Students gain insight into the significance of food industries to the Australian economy and investigate the capacity of industry to provide safe, high-quality food that meets the needs of consumers.

LEARNING ACTIVITIES

Students use practical skills and knowledge to produce foods and consider a range of evaluation measures to compare their foods to commercial products. They consider the effective provision and preparation of food in the home, and analyse the benefits and challenges of developing and using practical food skills in daily life. In demonstrating their practical skills, students design new food products and adapt recipes to suit particular needs and circumstances. They consider the possible extension of their role as small-scale food producers by exploring potential entrepreneurial opportunities.

KEY SKILLS REQUIRED

Identify major sectors and explain current developments in the Australian food system, analyse opportunities and challenges within the Australian food service and food retailing industries and use equipment and techniques appropriately, apply principles of safe and hygienic food handling practices and demonstrate organisational and technical skills in relation to the preparation, cooking and presentation of food in a range of practical activities.

ASSESSED TASKS

Folio of Work, written reports.

Food Studies

Units 3-4

UNIT 3

This unit investigates the many roles and everyday influences of food. Area of Study 1 explores the science of food: our physical need for it and how it nourishes and sometimes harms our bodies. Students investigate the physiology of eating and appreciating food, and the microbiology of digestion. Area of Study 2 focuses on influences on food choice: how communities, families and individuals change their eating patterns over time and how our food values and behaviours develop within social environments. They investigate behavioural principles that assist in the establishment of lifelong, healthy dietary patterns. The practical component of this unit enables students to understand food science terminology and to apply specific techniques to the production of everyday food that facilitates the establishment of nutritious and sustainable meal patterns.

LEARNING ACTIVITIES

By identifying evidence-based principles, students develop their capacity to analyse advice on food choices. Students learn and apply food science terminology relating to chemical changes that occur during food preparation and cooking, and undertake hands-on experimentation to demonstrate techniques and effects. They apply knowledge in the safe production of nutritious meals.

KEY SKILLS REQUIRED

- explain appetite, satiety and the sensory appreciation of food
- explain the physiology of eating and digesting, and the absorption and utilisation of macronutrients
- apply the principles of the Australian Dietary Guidelines and Australian Guide to Healthy Eating to the planning of daily food intake and demonstrate a range of practical food skills to create healthy meals
- evaluate the nutritional quality of foods and meals
- explain and justify the substitution of ingredients in the management of food allergies and intolerances
- use appropriate food science terminology and techniques to describe and demonstrate chemical and physical changes to food during preparation and cooking
- use equipment and techniques appropriately, justify and apply principles of safe and hygienic food handling practices in the prevention of food poisoning, and demonstrate organisational and technical skills in relation to the preparation, cooking and presentation of nutritious meals in a range of practical activities.

ASSESSED TASKS

Practical activity records, written report, structured questions.

UNIT 4

In this unit students examine debates about global and Australian food systems. Area of Study 1 focuses on issues about the environment, ecology, ethics, farming practices, the development and application of technologies, and the challenges of food security, food safety, food wastage, and the use and management of water and land. Area of Study 2 focuses on individual responses to food information and misinformation and the development of food knowledge, skills and habits to empower consumers to make discerning food choices. Students consider how to assess information and draw evidence-based conclusions.

LEARNING ACTIVITIES

Students conduct a critical inquiry into a range of debates through identifying issues involved, forming an understanding of current situations and considering possible futures. They research one selected debate in depth, seeking clarity on disparate points of view, considering proposed solutions and analysing work undertaken to solve problems and support sustainable futures

KEY SKILLS REQUIRED

- identify environmental and ethical questions and issues affecting food systems
- define global food security and explain possible pathways to achieving food security
- identify and explain diverse points of view in a range of food systems debates
- examine an array of issues and identify opportunities for further research
- apply research principles to clarify, analyse and draw conclusions on a selected topic
- apply a range of practical food skills to demonstrate understanding of sustainable and ethical food choice and preparation

VCAA ASSESSMENT – The overall Study Score will consist of:

School Assessed Coursework Unit 3: 30%, School Assessed Coursework Unit 4: 30%, written examination in November: 40%.