



Food Studies

Description

To broaden student's knowledge of food that can be prepared for a range of situations and to extend skills and knowledge in the preparation of these dishes.

Unit Topics

Students will plan, prepare and evaluate a variety of dishes to suit a range of purposes and occasions. Topics may include:

- meal planning and preparation of various courses*
- home made fast food*
- foods from developing countries*
- why we eat what we eat*
- cooking to maximise nutritional properties*
- health and safety*

Note: There will be a course fee for this subject.

Skill Development

The students will be developing in their knowledge of foods and in the preparation, presentation and time management.

Possible Assessment Tasks

Weekly evaluations, designing, creating a meal to suit the design.

Activities

Possible excursion

Career Options

The study of Food leads to opportunities across all facets of the hospitality field, including kitchen hand, waiter, cook. Further study can lead to specialisation in areas such as chef, pastry cook, baker, maitre d, barista and caterer.