



Food Studies 3 & 4

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.

UNIT 3 – Food in Daily life

In this unit students explore the key processes and issues concerned with managing a business efficiently and effectively to achieve the business objectives.

SEMESTER ONE

| Outcome | SAC |
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| 1. The science of food | On completion of this unit the student should be able to explain the processes of eating and digesting food and absorption of macronutrients, explain causes and effects of food allergies, food intolerances and food contamination, analyse food selection models, and apply principles of nutrition and food science in the creation of food products |
| 2. Food choice, health and wellbeing | On completion of this unit the student should be able to explain and analyse factors affecting food access and choice, analyse the influences that shape an individual's food values, beliefs and behaviours, and apply practical skills to create a range of healthy meals for children and families. |

UNIT 4 – Food issues, challenges and futures

In this unit students examine debates about global and Australian food systems.

SEMESTER TWO

| Outcome | SAC |
|---------------------------------------|--|
| 1. Environment and ethics | On completion of this unit the student should be able to explain a range of food systems issues, respond to a selected debate with analysis of problems and proposals for future solutions, apply questions of sustainability and ethics to the selected food issue and develop and create a food repertoire that reflects personal food values and goals. |
| 2. Navigating food information | On completion of this unit the student should be able to explain a variety of food information contexts, analyse the formation of food beliefs, evaluate a selected food trend, fad or diet and create food products that meet the Australian Dietary Guidelines. |

<http://www.vcaa.vic.edu.au/Pages/vce/studies/foodstudies/foodstudiesindex.aspx>