

## Year 10 Food and Technology

This unit runs for a semester. Students investigate a range of key food groups and how they can be prepared to support a healthy approach to eating. The students will gain skills they will use in the future, focusing on meal planning, snack food choices and foods for special occasions. Throughout the unit students will develop safe and hygienic work practices while working independently in a kitchen environment. They will be introduced to the Design Process and investigate, plan, produce and evaluate several meals of their own choice. This course has a major practical component supported by a theory component, and is excellent preparation for VCE Food and Technology.

