

Week 1	Learning Intentions The goal of these lessons is to: Understand the function of food in the body	Success Criteria • I can describe the functions of food in the body • I can explain the causes of food deterioration and spoilage • I can explain the role enzymes play in food digestion
Learning Experiences To achieve this goal we will...		
• Referring to p183 in their textbook, students will complete the first task from the workbook, and the Unit Review p183 • Research functions of food and complete page 5 in your exercise book • Complete pages 2- 5 of the workbook (questions on food deterioration and spoilage) • Think/Pair/Share the functions of food in the body. Class discussion on the role of how nutrition impacts on physical well-being • Participate in the class experiment on fibre in the kitchen		
Resources http://9foodies.weebly.com/functions-of-food.html		

Week 2	Learning Intentions The goal of these lessons is to: Learn about: • food nutrient groups, the food sources and their function in the body	Success Criteria • I understand the different macro and micronutrients • I can identify foods from each of the nutrient groups • I understand the functions each of the nutrients performs within the body
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Learning Experiences**To achieve this goal we will...**

- Teacher to explain the food nutrient groups and their function in the body
- Create table on page 9 in workbook.
- Watch Nutrient basics
- Complete tables on pages 11 & 12
- Gop through the worksheets on the role of dietician in preparation for the assessment task.

Resources[Nutrients PowerPoint](#)**Nutrient Basics - Clickview**

Week 3	Learning Intentions The goal of these lessons is to: Understand the process of digestion	Success Criteria • I can describe how each macronutrient is digested • I can distinguish the different enzymes that assist with digestion • I can describe the absorption of nutrients and metabolism of nutrients
Learning Experiences To achieve this goal we will...		
• Learn about digestion as a class using the following interactive websites • Participate in class activities and complete pages 13 - 17 in the workbook		

Resources

<http://kitses.com/animation/swfs/digestion.swf>

http://yakult.com.au/resources/flash/flash_digestiveDD100.html

<http://www.anatomyarcade.com/games/jigsaws/DigestiveJigsaw/digestiveJigsaw.html>

Week 4	Learning Intentions The goal of these lessons is to: Learn about Foods developed to enhance health	Success Criteria • I can describe the difference between a prebiotic and probiotic • I can explain the importance of having a diverse gut microbe is to the human body. • I can discuss food examples that can enhance health beyond nutritional needs
Learning Experiences To achieve this goal we will...		
• Watch Food Therapy: Functional Foods and make notes • Individual research and complete questions on page 18 workbook		
Resources Clickview: Food Therapy:Functional Foods https://www.youtube.com/watch?v=AdC892pSAQY https://www.youtube.com/watch?v=U1p4YMU3vWk		
Week 5	Learning Intentions The goal of these lessons is to:	Success Criteria • I understand the nutritional needs of groups of

	Understand factors that affect nutritional needs Understand nutritional needs across the life-cycle	people • I am able to choose foods specific to suit the nutritional needs of a particular group across the life-cycle • I can justify my recipe choice and pinpoint the specific needs of my life cycle
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Learning Experiences
To achieve this goal we will...

- Class discussion, note taking
- Complete the table on page 19
- Complete the Menu planning activity pages 20 -21 workbook

Resources

Week 6	Learning Intentions The goal of these lessons is to: Understand how diet can influence health Understand diet-related diseases	Success Criteria • I can discuss the cause/effect of 6 dietary disorders • I can provide in-depth information on heart disease, osteoporosis, anemia and dental caries • I can create foods that support the prevention of the above
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Learning Experiences
To achieve this goal we will...

- Expert activity - in pairs
- The class presents information on one diet-related disease to the class as students present the information to the class, all students write notes in the table on pages 22- 24 - this table should be complete after all presentations.

Resources

Optional:

Watch - The Truth about Obesity

<https://www.9now.com.au/the-truth-about-obesity/2018/episode-1>

Week 7	Learning Intentions	Success Criteria
	The goal of these lessons is to: Learn about the national guidelines for healthy eating Understand how to plan meals	• I am able to make a judgement on the menu supplied using the Australian Dietary Guidelines • I have considered how to interact without and planed my meal accordingly
Learning Experiences To achieve this goal we will...		
• Class discussion and reading - pages 25-29 workbook • Find the number of serves recommended for men, women and adolescents • Analyse a recommended sample menu		
Resources https://www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/putting-it-all-together https://www.eatforhealth.gov.au/sites/default/files/content/adg_sample_meal_plan_men.pdf		



Week 8	Learning Intentions The goal of these lessons is to: Nutrition Labelling	Success Criteria • I know how to read a nutritional information panel (NIP) and make a judgement on the nutritional qualities of the product • I can identify foods that are high in salt, saturated fat and sugar based on NIP • I can determine suggested a portion size IP
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Learning Experiences
To achieve this goal we will...

- Page 30 of workbook
- pages 166 of Food Tech Focus - Ethical responsibilities of government and manufactures - case study
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Resources

Week 9	Learning Intentions The goal of these lessons is to: Nutrient deficiencies	Success Criteria • I can discuss the role of supplementation in the diet • I can identify active non-nutrients • I can explain the role of modified resistant starches
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Learning Experiences

To achieve this goal we will...

- Page 31 of the workbook
- pages 173 of text - summary notes on phytochemicals
- click view - Active non-nutrients

Resources**Practical Lessons****Learning Intentions**

The goal of these lessons is to:

- develop skills in presentation, teamwork, time management and hygiene

Success Criteria

- I can successfully produce a nutritious meal in an appropriate time frame.
- I can successfully produce a meal in a hygienic manner

Learning Experiences**To achieve this goal we will...**

- Students participate in practical lessons weekly
- Students complete a practical assessment task
- Demonstration activities -

Resources**Recipe Booklet**

