COURSE NAME: Integrated Learning: Food and Nutrition

Course Location: Daws

Pathway:
This course is designed to build confidence to budget, purchase and prepare value conscious snacks and meals for independent living. Although this course has a life skills focus, it may lead into Certificate level Vocational Education Training courses or spark interest in working in the food industry.

Program Description:
Students are provided with the knowledge and skills in simple food preparation to create quick and nutritious meals from basic ingredients. They will explore a variety of cooking equipment, methods and techniques to develop a better appreciation of food options using common pantry ingredients. Students will improve their practical skills in budgeting as well as current information about leading a healthy lifestyle. A focus on nutrition is imbedded into this course. There is a mixture of practical cooking and community interaction to demonstrate balance in our increasingly busy lives.

SACE Credits: 20 credits  Stage 1  Semester(s): Full Year

Delivery Day: Wednesdays

Time: 9.30am – 2.30pm  Program commencement date: Week 2, Term 1  2020

Special Requirements: On days of food preparation; closed in shoes for a kitchen environment, long sleeves, hair tied back, basic stationery items as requested by the teacher. Hair net and aprons are supplied by the Centre.

Course Costs: Pre-loaded Metro Card for public transport travel, any low cost entrance fees will be negotiated ahead of time.

Senior Leader: annette.creer937@schools.sa.edu.au

Principal: sharon.jackson@sa.gov.au