COURSE NAME: Integrated Learning: Food and Nutrition

Course Location: Prospect

Pathway:
This course is designed to build capacity and confidence to plan, budget, and purchase, prepare and cook nutritious and value conscious meals. 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:

This course provides students with the knowledge and skills in basic food preparation, nutrition and independent living skills as part of a team environment. They will explore a variety of cooking equipment, methods and techniques to develop a better appreciation of food styles and options on a budget. There is a mixture of practical cooking and community interaction as well as other skills associated with living a healthy lifestyle.

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. LearnLink details are essential so students can gain access to the internet.

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

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