

## Year 9/10 Food Technology

During the semester-long course, Year 9/10 Food Technology students explore the unit 'Food For Life', looking at restricted diets, different food requirements for different people, and the importance of catering for individuals' needs so that they can eat well and obtain the nutrients they need to be healthy.

Each semester focusses on a different target group's nutritious requirements: athletes, older people; young children, emergency service workers, or food that meets religious requirements (for example, Buddhism or Judaism). The assessment for the unit culminates in inviting members of our local community from the particular target group to join us for lunch in the St John Paul II restaurant, where the students enjoy showcasing their learning in a real-life setting.

