

~~Taste~~

~~Test~~

Year 12 Food Technology

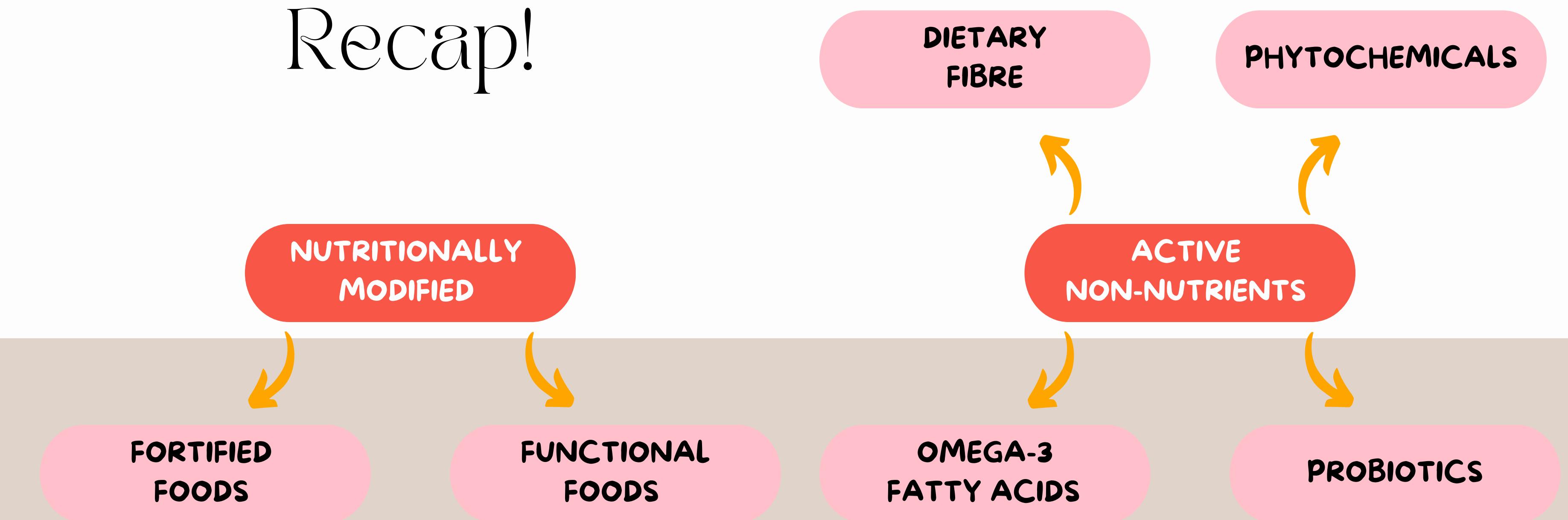


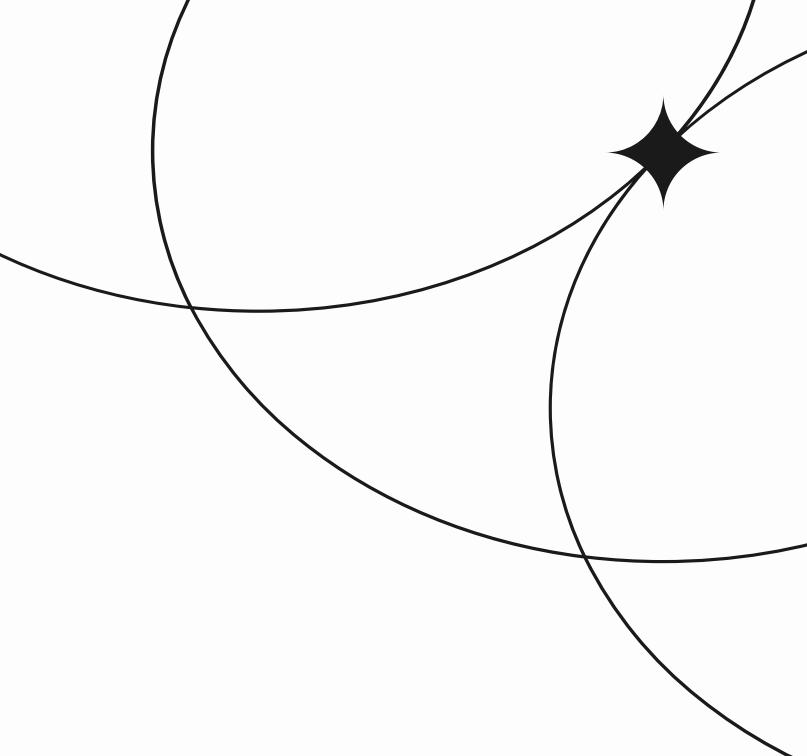
Stage 6 Syllabus

Unit 4: Contemporary Nutrition Issues

Students learn about:	Students learn to:
<p>Diet and health in Australia</p> <ul style="list-style-type: none">physical effects and economic costs of malnutrition (under and over nutrition) and diet related disordersnutritional considerations for specific groupsthe role of the individual, community groups, the food industry, government organisations and private agencies in promoting healththe production/manufacture of nutritionally modified foods to meet consumer demand including a range of functional foods such as fortified foodsthe role of 'active non-nutrients' in the diet, eg phytochemicals, probiotics and fibre	<ul style="list-style-type: none">explain the consequences of malnutritionindependently investigate and report on the health of a group in Australia and develop a strategy to promote optimum health through good nutrition for this groupplan diets and prepare foods/meals to address dietary requirements of specific groupsdiscuss the relationship between nutritionally modified foods and health
<p>Influences on nutritional status</p> <ul style="list-style-type: none">health and the role of diet in the development of conditions, including obesity, diabetes, cardiovascular disease, food sensitivity/intolerance/allergieslifestyle and the effect of cultural and social practices on nutritional statusmedia and ethical issues related to advertising practices on food consumption such as the promotion of 'health' foods and 'fast' foods	<ul style="list-style-type: none">discuss the role of 'active non-nutrients' in the dietdebate the role of dietary supplements in a balanced dietdescribe the relationship between nutrient intake and dietary disordersdiscuss ethical issues related to the responsible advertising of food products

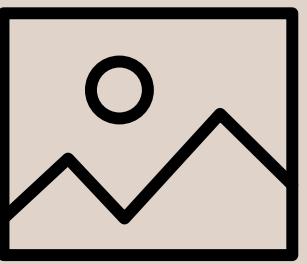
Recap!





Taste Test

Product



Clarification & Explanation

Is it a nutritionally modified food, fortified food, functional food or more than one? Why?

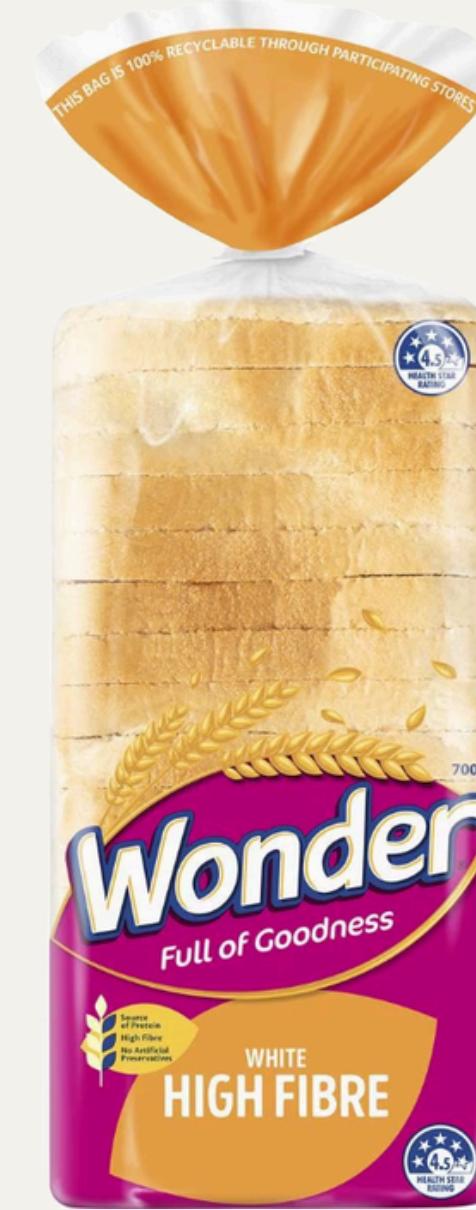
Active Non-nutrients?

How does this enhance overall health?

Improve Consumer Health?

Make links to diet related disorders.

Wonder White High Fibre Bread



Remedy Kombucha



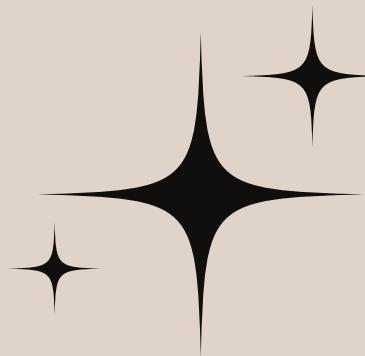
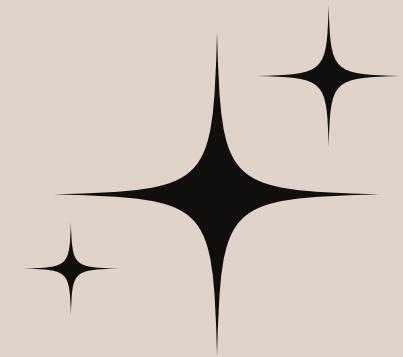
Yakult Light



Belvita Breakfast Biscuits (High Fibre)



Sauerkraut (Probiotics)



Sugar Free Lollies

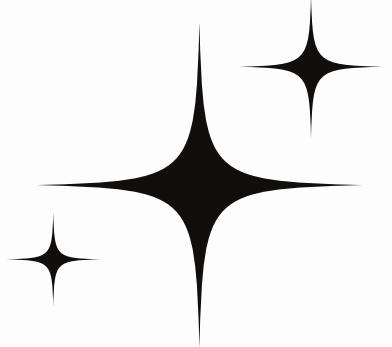


Flora Proactiv Margarine



Uncle Toby's Plus Antioxidants





Favourite
Product &
Why?