



## Year 10 Food and Nutrition Kai Tōtika - Programme of Learning

**Structure:** Three lessons a week for eighteen weeks. There is a mix of nutrition theory and practical cookery lessons. Key competencies and the Rangi Graduate dispositions and values are embedded in all learning activities.

**Rationale:** A sense of satisfaction and achievement can be developed as ākonga experience different ways in which food can enhance the wellbeing of themselves and their family. Ākonga have the opportunity to participate in purposeful activities of a practical nature and develop problem solving skills, individually and collaboratively. Skill in appropriate techniques and processes helps ākonga become confident to experiment with new ideas when working with food.

**Learning Objectives:**

- Learn about food as an expression of cultural identity, showing acceptance of diversity.
- Integrate nutritional knowledge with food preparation skills by participating in food-related activities.
- Investigate and describe some ways in which people's food choices are influenced by societal factors.

Topic framework	Progress outcomes	Evidence of learning	Resources
<p><b>Making Connections</b></p> <p>Two hours per week for recipe explanation, teacher demonstration and theory tasks, one hour per week for ākonga practical cookery.</p>	<p><u>Understand</u></p> <ul style="list-style-type: none"> <li>• Food and Nutrition studies foster positive and responsible attitudes to develop empathy, tolerance, and acceptance of diversity.</li> <li>• Hauora and indigenous knowledge bases, values, and practices involves exploring the four dimensions of taha hinengaro (mental health), taha wairua (spiritual health), taha tinana (physical health), and taha whānau (family health) as an interconnected whole, where one dimension does not exist in isolation, and no dimension should be privileged over others.</li> </ul> <p><u>Know</u></p> <ul style="list-style-type: none"> <li>• Recognise the diversity of New Zealand culture.</li> <li>• Explore health and wellbeing through Te Whare Tapa Whā.</li> <li>• Describe societal influences on food choices.</li> <li>• Analyse food packaging, making links between nutrients and health outcomes.</li> </ul> <p><u>Do</u></p> <ul style="list-style-type: none"> <li>• Use safe and hygienic practices when preparing food.</li> <li>• Complete practical work using techniques and processes to produce a high-quality outcome.</li> <li>• Use topic specific vocabulary correctly and with understanding to explain food choices.</li> </ul>	<p>Teacher reflections</p> <p>Ākonga involvement in discussions and activities</p> <p>Practical performance</p> <p>Ākonga reflections</p> <p>One-Note tasks</p>	<p>On OneNote</p>