

Food Studies



Course Description

VCE Food Studies takes an interdisciplinary approach to the exploration of food, with an emphasis on extending food knowledge and skills and building individual pathways to health and wellbeing through the application of practical food skills. VCE Food Studies provides a framework for informed and confident food selection and food preparation within today's complex architecture of influences and choices. Students explore food from a wide range of perspectives. They study past and present patterns of eating, Australian and global food production systems and the many physical and social functions and roles of food. They research economic, environmental and ethical dimensions of food and critically evaluate information, marketing messages and new trends. Practical work is integral to Food Studies and includes cooking, demonstrations, creating and responding to design briefs, dietary analysis, food sampling and taste-testing, sensory analysis, product analysis and scientific experiments.

Course Structure

Unit 1 – Food Origins

This unit focuses on food from historical and cultural perspectives. Students investigate the origins and roles of food through time and across the world. In Area of Study 1 students explore how humanity has historically sourced its food, examining the general progression from hunter-gatherer to rural-based agriculture, to today's urban living and global trade in food. Students consider the origins and significance of food through inquiry into particular food-producing regions of the world.

Area of Study

1. Food around the world
2. Food in Australia

Unit 2 – Food Makers

In this unit students investigate food systems in contemporary Australia. Area of Study 1 focuses on commercial food production industries, while Area of Study 2 looks at food production in small-scale domestic settings, as both a comparison and complement to commercial production.

Area of Study

1. Food Industries
2. Food in the home

Unit 3 – Food in daily life

In this unit students explain the processes of eating and digesting food, the utilisation of macronutrients and justify the science behind the Australian Dietary Guidelines. The study includes analysing the factors affecting food behaviours of individuals by examining the relationships between food access, values, beliefs and choices. This knowledge of the principles of nutrition and food behaviours is applied in practical activities to examine specific dietary needs and healthy meals for children and families.

Area of Study

1. The science of food
2. Food choice, health and wellbeing

Unit 4 – Food issues, challenges and futures

In this unit students address debates concerning Australian and global food systems in relation to environment, ethics, innovation and technology. They consider proposed solutions to solve and support sustainable futures for food access, safety and the use of agricultural resources.

Area of Study

1. Environment and ethics
2. Navigating food information

Entry and Recommendations

There are no prerequisites for entry to Units 1, 2 and 3. Students must undertake Unit 3 prior to undertaking Unit 4. Units 1 to 4 are designed to a standard equivalent to the final two years of secondary education.

Assessment

Satisfactory Completion

Demonstration of achievement of outcomes and satisfactory completion of a unit are determined by evidence gained through the assessment of a range of learning activities and tasks.

Level of Achievement

Unit 1 and 2

- Coursework – Unit 1
 - Practical activities
 - Report
 - Presentation
 - Examination
- Coursework – Unit 2
 - Design and develop food solutions for various settings
 - Practical activities
 - Report
 - Presentation
 - Examination

Unit 3 and 4

- School-assessed coursework – Unit 3 (30%)
 - Practical activities
 - Report
 - Presentation
- School-assessed coursework – Unit 4 (30%)
 - Practical activities
 - Report
 - Presentation
- Examination (40%)