

Year 11 Food and Nutrition Kai Tōtika - Programme of Learning

This course is planned to meet the requirements of Level 6 of the national Health and Physical Education curriculum and provides opportunities to achieve one's personal best in NCEA, at Level 1. It provides practical food experiences which have been designed to help develop health-enhancing attitudes to food and nutrition, with a strong focus on strengthening well-being (hauora). These experiences will develop food literacy (proficiency in food knowledge and skills) to enable informed decisions about food to be made and building skills in food selection and preparation. Theory lessons investigate how nutrition and health-related issues impact on the well-being of individuals and their community. Evidence of learning is gathered by written assessments. Key competencies and the Rangi Graduate dispositions and values are embedded in all learning activities.

| Topic framework | Progress outcomes | Evidence of learning | Resources |
|--|--|--|-------------------|
| <p>TOPIC 1: Hauora is holistic: How food choices impact wellbeing 10 weeks</p> <p>TOPIC 2: Health promotion: Making the healthy choice the easy choice 9 weeks</p> <p>TOPIC 3: Societal influences on food choices 12 weeks</p> | <p><u>Understand</u></p> <ul style="list-style-type: none"> Food and Nutrition studies foster positive and responsible attitudes to develop empathy, tolerance, and acceptance of diversity. 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. <p><u>Know</u></p> <ul style="list-style-type: none"> Examine models of health such as Te Whare Tapa Whā and Fonofale and explore societal factors which can influence food choices. Make connections between food choices and the physical, mental, emotional, social, and spiritual dimensions of people's lives, by exploring current food issues. Investigate aspects of food culture in New Zealand that have significant cultural meaning and show understanding of their impacts on personal and family wellbeing. <p><u>Do</u></p> <ul style="list-style-type: none"> Think critically about the principles of social justice in relation to access to healthy food. Explore Māori values, demonstrating how food can create connections (whanaungatanga) between people, and is used to show hospitality and generosity (manaakitanga). Manage and evaluate practical activities that involve planning, selecting, preparing, and presenting nutritious and appetizing meals. | <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>Summative written assignments</p> | <p>On OneNote</p> |

Table of the achievement standards in year 11 Food & Nutrition:

| Achievement Standard number | Subject reference | Topic/Title | Mode of Assessment | Credits |
|-----------------------------|-------------------|--|--------------------|---------|
| 92008 | 1.1 | Demonstrate understanding of hauora in a health-related context through the application of a model of health | Internal | 5 |
| 92009 | 1.2 | Demonstrate understanding of decision-making in a health-related situation | Internal | 5 |
| 92010 | 1.3 | Demonstrate understanding of factors that influence hauora | External | 5 |

What qualification credits can be gained?

There is the opportunity to gain a total of **15 credits** in Food & Nutrition towards Level 1 NCEA.

Grades for each achievement standard include: Achieved, Achieved with Merit and Achieved with Excellence. The grade awarded is determined by the quality and depth of the work as measured against national standards. All assessments will be submitted through Assignments on Teams.