



Rangi Ruru
Girls' School

YEAR 12 FOOD & NUTRITION 2025

Course Outline and Assessment Information

Year 12 Food & Nutrition

Welcome to Year 12 Food & Nutrition. I look forward to working with you this year on an interesting and rewarding journey of learning. This course is planned to meet the requirements of Level 7 of the national Health and Physical Education curriculum. You will be provided with many opportunities to achieve your personal best in NCEA, at Level 2.

What will I do in Food & Nutrition this year?

You will participate in practical food experiences which have been designed to help develop health-enhancing attitudes to food and nutrition. These experiences will develop your food literacy, building skills in food selection, preparation, and cooking. You will participate in learning activities which explore the food system, from its origins to the market. Evidence of your learning will be gathered purely from written assignments.

Class work will be completed online. OneNote folders will be set up in Teams by your teacher and you should not alter the names of these folders. Each topic will have a teacher resource folder (called content library) which is read only, and a student folder under your name for your notes. You are required to bring your device to each class period. Charges for materials will be gold sheeted.

What will I learn in Food & Nutrition this year?

- To investigate the barriers people with altered dietary considerations face and develop strategies to overcome these
- To examine the economic and environmental factors which impact on individual and societal health
- To explore global phenomena that are shaping the food choices and eating habits of New Zealanders
- To challenge assumptions, attitudes and values related to nutritional issues such as food poverty

What qualification credits can I gain?

You will have the opportunity to gain a total of **19 credits** in Food & Nutrition towards your Level 2 NCEA.

You can gain different grades for an achievement standard: Achieved, Achieved with Merit and Achieved with Excellence. The grade you achieve is determined by the

quality of your work as measured against national standards. All assessments will be submitted through Assessments on Teams.

Table of the achievement standards in this course

| Achievement Standard Number | Subject reference | Version number | Topic/Title | Mode of Assessment | Credits |
|-----------------------------|-------------------|----------------|--|--------------------|---------|
| 91302 | 2.4 | 2 | Evaluate sustainable food related practices | Internal | 5 |
| 91301 | 2.3 | 2 | Analyse beliefs, attitudes and practices related to a nutritional issue for families in NZ | Internal | 5 |
| 91300 | 2.2 | 2 | Analyse the relationship between well-being, food choices and determinants of health | External | 4 |
| 91299 | 2.1 | 2 | Analyse issues related to the revision of food for people with specific food needs | Internal | 5 |

Assessment Procedures

Information about assessment is provided for you in the Rangi Ruru Girls' School Student Handbook (Assessment Policy). Ensure you read this thoroughly and follow all guidelines. Know your rights and responsibilities.

How can I ensure I succeed in Year 12 Food & Nutrition?

- be engaged and actively participate in all learning activities
- ask questions to further your understanding
- be open to feedback and use it to improve your work
- keep up to date with your work and hand assignments in on time

Remember to ask your teacher if you are unsure about anything. I want you to succeed and am happy to help you.