



Rangi Ruru
Girls' School

YEAR 11 FOOD & NUTRITION 2022

Course Outline
and
Assessment Information

Year 11 Food & Nutrition

Welcome to Year 11 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 6 of the national Health and Physical Education curriculum. You will be provided with many opportunities to achieve your personal best in NCEA, at Level 1.

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, with a strong focus on strengthening your own personal well-being. These experiences will develop your food literacy, building skills in food selection, preparation, and cooking. During theory lessons you will discover how nutrition and health-related issues impact on the well-being of individuals and their community. Evidence of your learning will be gathered two ways, through practical examinations (cooking) and also by written assessments.

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 aspects of the safe storage, preparation, and handling of food
- To examine evidence using data, surveys, and statistics to make informed decisions about food choices
- To explore actions that can improve the well-being of yourself and others
- To identify how others' views may influence attitudes, beliefs and values about food choices and decisions
- To interpret nutritional claims and promotional features on food packaging

What qualification credits can I gain?

You will have the opportunity to gain a total of **19 credits** in Food & Nutrition towards your Level 1 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
90959	1.4	3	Demonstrate knowledge of practices and strategies to address food handling issues	Internal	5
90956	1.1	3	Demonstrate knowledge of an individual's nutritional needs	Internal	5
90961	1.6	3	Demonstrate knowledge of how packaging information influences and individual's food choices and well-being	External	4
90957	1.2	3	Demonstrate understanding of societal influences on an individual's food choices and well-being	Internal	5

Assessment Procedures

Information about assessment is provided for you in the Rangī 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 11 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

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

A determined effort and a positive attitude throughout the year will help you enjoy your personal best from this course.

Year 11 Food & Nutrition Year Planner 2022

T 1	1	2	3	4	5	6	7	8	9	10
	1 - 4 Feb	7 - 11 Feb	14 - 18 Feb	21 - 25 Feb	28Feb- 4Mar	7 - 11 Mar	14 - 18 Mar	21 - 25 Mar	28Mar- 1Apr	4 - 8 Apr
	TOPIC 1	TOPIC 1	TOPIC 1	TOPIC 1	TOPIC 1	TOPIC 1	90959	90959	TOPIC 2	TOPIC 2
							ASSESS written	ASSESS practical		

T 2	1	2	3	4	5	6	7	8	9	10
	2 - 6 May	9 - 13 May	16 - 20 May	23 - 27 May	30May- 3Jun	6 - 10 Jun	13 - 17 Jun	20 - 24 Jun	27Jun- 1Jul	4 - 8 Jul
	TOPIC 2	TOPIC 2	TOPIC 2	90956	90956	TOPIC 3	TOPIC 3	TOPIC 3	TOPIC 3	TOPIC 3
			ASSESS written	ASSESS practical						

T 3	1	2	3	4	5	6	7	8	9
	1 - 5 Aug	8 - 12 Aug	15 - 19 Aug	22 - 26 Aug	29Aug- 2Sep	5 - 9 Sep	12 - 16 Sep	19 - 23 Sep	26 - 30 Sep
	TOPIC 3	TOPIC 3	90961	TOPIC 4	TOPIC 4	TOPIC 4	TOPIC 4	TOPIC 4	TOPIC 4
		DG EXAM written							

T 4	1	2	3	4	5	6	7
	17 - 21 Oct	24 - 28 Oct	31Oct- 4Nov	7 - 11 Nov	14 - 18 Nov	21 - 25 Nov	28Nov- 1Dec
	90957	TOPIC 3	TOPIC 3	STUDY	STUDY	90961 EXAM	
	ASSESS written	Revision	Last day 2/11			23 Nov 2pm written	