

WHS Food Curriculum

Nutrients review

What do you know about all the nutrients we need?



Hydration

What is the importance of water in our diet, and foods that can give us water?



Energy

What is energy, Where do we find energy giving foods?



Vitamins

What are micronutrients – water soluble, fat soluble vitamins?



Minerals

What are micronutrients – minerals?



Lunch box challenge

Can you adapt and develop a lunchtime product to meet dietary guidelines?



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Multicultural meals

Why do we find out about different countries, cultures, foods grown, reared and caught. Traditional recipes, cooking equipment?



Special dietary needs

What are special dietary needs, how do we plan and cook meals for these different needs?



Ethical issues and sustainability

How can food be sustainable and help to save the planet?

