

Study Guide Year 9 Food Technology

One hour 30 minutes

Part A Food in Australia

- € Foods native to Australia
- € Traditional use of native foods – cooking methods – hunting methods
- € Diets of early Europeans
- € Rationing of foods
- € Storage of foods - coolgardie
- € Multicultural influences on foods
- € Origins of Multicultural foods

Part B Food selection and Health

- € The six nutrients and functions
- € Food guides – Target – Healthy eating pyramid
- € Nutritional impact on Aboriginals
- € Immigration influences on Australian lifestyle
- € Digestion of the Macro nutrients
- € Extended response of nutritional changes in eating habits since the first white settlement -
Aboriginal, Multicultural, Present day