

Food, Cooking and Nutrition 2 or
Food and Cooking Essentials 1

Food, Cooking and Nutrition is also a pathway to a VET Hospitality subject, especially Kitchen Operations.

Contributes 15 points toward the Tasmanian Certificate of Education.

Contributes 10 points toward the Tasmanian Certificate of Education.

No pre-requisites.



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DEPARTMENT OF
EDUCATION
learners first

FOOD & COOKING ESSENTIALS I



Department of Education
Hellyer College



FOOD, COOKING & NUTRITION 2

This course will develop your knowledge of food and practical skills in the preparation and cooking of food for independent living and you will be able to make healthy food choices.

Some of the areas covered will be:

- Food safety and hygiene
- Healthy food options for meals and Lifestyle choices and how these affect your health and well being
- What to look for on packaging when buying food products
- Budgeting
- Personal hygiene and kitchen safety
- Preparation and cooking of a wide range of foods and dishes
- Cooking techniques
- Nutritional aspects of food

FOOD, COOKING AND NUTRITION 2 &

FOOD AND COOKING ESSENTIALS I

Improve knowledge about foods and snacks.

- Students will be required to prepare and taste a variety of foods.
- 75% of class time will be in the kitchen cooking.



FOOD & COOKING ESSENTIALS I

This course will develop your basic food knowledge and practical skills in preparing and cooking food for independent living while making healthy food choices.

Some of the areas that will be covered are:

- Healthy food options for meals and snacks
- Lifestyle choices and how these affect your health and well being
- What to look for on packaging when buying food products
- Budgeting
- Food safety and hygiene
- Personal hygiene and kitchen safety
- Preparation and cooking of a wide range of foods and dishes
- Cooking techniques