

Food, Cooking and Nutrition 2

15 TCE Points



You will work through the following units as part of **Food, Cooking and Nutrition 2**.

Unit 1: Keeping Food Safe

In this unit, you will learn how to use kitchen equipment and techniques correctly while following safe and hygienic food handling practices. You will also develop important organisational and technical skills as you prepare, cook, and present food through various practical activities.

Unit 2: Nutrients, Energy and Health

This unit helps you understand, prepare, and enjoy healthy foods that can improve dietary habits. You will learn about the connection between food and health, including recognizing food allergies and intolerances and understanding their impact on diet and overall well-being.

Unit 3: Key Foods

This unit explores the key food groups and their roles in food preparation and processing. You will learn about the properties of each group and how they contribute to cooking and nutrition.

Unit 4: Influences on food choice

In this unit, you will explore how social, cultural, and economic factors influence food choices. You will also examine the impact of advertising and marketing on the decisions people make about the foods they eat.

Unit 5: Contemporary Food Applications

In this unit, you will learn about how food impacts the environment (e.g., composting, recycling, sustainability, and food production). The differences between fresh and processed foods. New and innovative food products. Technology used in food preparation and production. Food packaging and its effects. Australian chefs and cuisine.

How you'll be assessed:

Common types of internal assessments are:

- Written assignments and short answer questions
- Practical cookery lessons and evaluations

COMPLETION OF WORK

Assessment due dates are provided in the Program of Learning and on Canvas. Work must be submitted by the due date unless an approved extension has been granted. Unapproved late submissions will incur penalties as outlined in the *Completion of Work Policy*. Students needing extensions should contact their subject teacher before the due date with valid reasons, such as illness or unforeseen circumstances.

For more details refer to the Launceston College: [Completion of Work Policy](#).

ACADEMIC INTEGRITY

All senior secondary students in Tasmania are expected to uphold academic integrity, meaning they complete their work honestly and fairly. This includes properly referencing any ideas, images, or information borrowed from others, allowing teachers to distinguish between original and sourced content.

Assignments will be submitted through Canvas, email, hard copy as directed in the task sheet.

For more details, refer to the Launceston College: [Academic Integrity Policy](#).

REFERENCING

The Harvard referencing system is recommended for Food, Cooking and Nutrition 2.

The standards for criterion 1 state that a student must:

- Accurately records sources of information

COURSE DOCUMENT

The TASC website provides considerable information about the course: [Food, Cooking and Nutrition - TASC](#)

OTHER COURSE REQUIREMENTS

Food, Cooking and Nutrition students must use the commercially licensed kitchen at Launceston College and consequently they **must abide by the rules as set out by the Launceston City Council**.

Students must:

- Students must wear a hair net.
- Students must wear a top/shirt with sleeves, and which covers the midriff section.
- Students must wear shoes that are covered at the heels and toes.
- Students must not have nail polish or any form of jewellery on their hands.
- Students must be punctual and provide a suitable container to take food prepared in class home.
- Students must have a folder and display book in this subject in order to build a record of their work for assessment purposes.

Week	Date	Program of Learning 2025	Notes / Assessments
1	6 Feb	Introduction to the course Unit 1: Keeping food Safe	<i>Yr 11s and 12's return February 8 (Thursday)</i>
2	10 Feb	Food safety and hygiene procedures.	
3	17 Feb	Causes and prevention of food spoilage. Food storage and safe handling practices.	Major – Food Safety / Hygiene Poster
4	24 Feb	Unit 2: Nutrients Links between nutrition and maintaining a healthy weight.	<i>Wed 26 Feb – Launceston Cup</i>
5	3 Mar	Basic functions of protein.	
6	10 Mar	Basic functions of carbohydrates and fibre.	<i>Mon 10 Mar – Public Holiday</i> Major- Health related disease task
7	17 Mar	Basic functions of fats and water.	
8	24 Mar	Basic functions of vitamins and minerals.	
9	31 Mar	Australian guide to healthy eating	
10	7 Apr	Allergies and intolerances	Major – AGHE Two Day Diet Plan assignment
Term 1 break – Saturday 12 April – Sunday 27 April			
1	28 Apr	Superfoods	
2	5 May	Unit 3: Key Foods: Fruit	
3	12 May	Vegetables	
4	19 May	Cereals and Grains	
5	26 May	Eggs and Dairy	
6	2 June	Legumes, Seeds & Nuts	
7	9 June	Meat, Seafood and Poultry	<i>Mon 9 June – Public Holiday</i>
8	16 June	Meat, Seafood and Poultry	Mid-Year Assessments Level 3 & 4 <i>Tue 17 June – Orientation Day (LC students work from home)</i>
9	23 June	Fats and Oils	Mid-Year Assessments Level 3 & 4 Major – Key foods assignment
10	30 June	Sugar and Salt	
Term 2 break – Saturday 5 July – Sunday 20 July			
1	21 July	Unit 4: Influences on Food Choices Social, cultural and economic factors that impact food choice. Back in Time for Dinner	
2	28 July	Beliefs, customs, lifestyle and the purpose of the meal.	
3	4 Aug	The role advertising and marketing have in food choices.	
4	11 Aug	CULTURAL FACTORS Indigenous foods	
5	18 Aug	Cultural Factors Australian cuisine British cuisine	
6	25 Aug	Indian cuisine	
7	1 Sep	Japanese cuisine	
8	8 Sep	Mexican cuisine	Major- Global Food Assignment
9	15 Sep	Mediterranean cuisines	
10	22 Sep	Unit 5: Contemporary Food Applications Food Waste: Watch War on Waste	
Term 3 break – Saturday 27 September – Sunday 12 October			
1	13 Oct	Food and the environment Fresh vs processed foods	
2	20 Oct	New food products Food related technology	Major – Contemporary food issue - assignment
3	27 Oct	Packaging Australian chefs and cuisine	<i>Fri 31 Oct - Moderation Day (LC students work from home)</i>
4	3 Nov	Catch up work	<i>Mon 3 Nov – Public Holiday</i>
Exams begin (Monday 10th November) - Exams end (Thursday 20th November)			

ASSESSMENT

Criterion-based assessment helps students see how well they're meeting course outcomes at the end of their study. While there is continuous feedback to guide learning, final assessments focus on showing what students have achieved by the end. Ratings are given as 'A', 'B', or 'C', based on course standards. A 't' indicates partial achievement below a 'C', and a 'z' means no evidence provided.

Schools follow TASC's quality assurance to keep standards consistent. More details are on the [TASC website](#). Final awards are based on both internal and TASC-supervised external assessments.

Criteria

The assessment for Food Cooking and Nutrition Level 2 will be based on the degree to which the learner can:

1. collect and categorise information
2. communicate ideas and information
3. use organisational and time management skills
4. apply safe practices and food hygiene procedures
5. use food preparation skills
6. identify key properties of foods
7. apply nutritional principles
8. investigate and address food-related choices.

Award Requirements

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The final award will be determined by the Office of Tasmanian Assessment, Standards and Certification from 8 ratings (from the internal assessment).

The minimum requirements for an award in Food, Cooking and Nutrition Level 2 are as follows:

Exceptional Achievement (EA)

6 'A' ratings, 2 'B' rating

High Achievement (HA)

3 'A' ratings, 4 'B' ratings, 1 'C' rating

Commendable Achievement (CA)

3 'B' ratings, 4 'C' ratings

Satisfactory Achievement (SA)

6 'C' ratings

Preliminary Achievement (PA)

4 'C' ratings

A student who otherwise achieves the ratings for a CA (Commendable Achievement) or SA (Satisfactory Achievement) award but who fails to show any evidence of achievement in one or more criteria ('z' notation) will be issued with a PA (Preliminary Achievement) award.