

NORTH ASIAN

Meals based upon spice and flavour with pork and poultry the main meat product. Lots of root vegetables consumed.

China, Korea, Mongolia, Japan and Russia are countries which feature in this unit. Students look at traditional dishes and flavours popular in these regions.



Students will cook most sessions and be required to complete an evaluation. Students are encourage to think about what they could change in the recipe or in their method for a greater outcome.



SOUTH EAST ASIAN

Rice, fish and fruit are utilised more in this unit aligned with the traditional dishes of South East Asia.



MEDITERRANEAN

A focus on lighter meat consumption and a more plant-based eating style. Olive oil and whole grains feature heavily in this cusine.

Assessment are often on either the ingredients or country being focused on for the unit.

In FOOD FOR LIFE students learn knowledge and skills that will assist them both now and in the future. Students are equipped with an understanding for food which will take them beyond their schooling. The Year 9/10 program operates on four rotating semesters so that should a student choose the elective each time they will not repeat the same course content.

AUSTRALIAN

Does Australia even have a cuisine? Where has our culinary influence come from? Seasonal foods, iconically Australian foods and foods associated with holidays and celebrations are part of this unit.



Bayside offers a fantastic VET Hospitality course in the modern Trade Skills Centre Kitchen for students in Years 11 + 12.

FOOD FOR LIFE

Years 9 + 10

Food Technology