

OXFORD



FOOD &

TECHNOLOGY

second edition

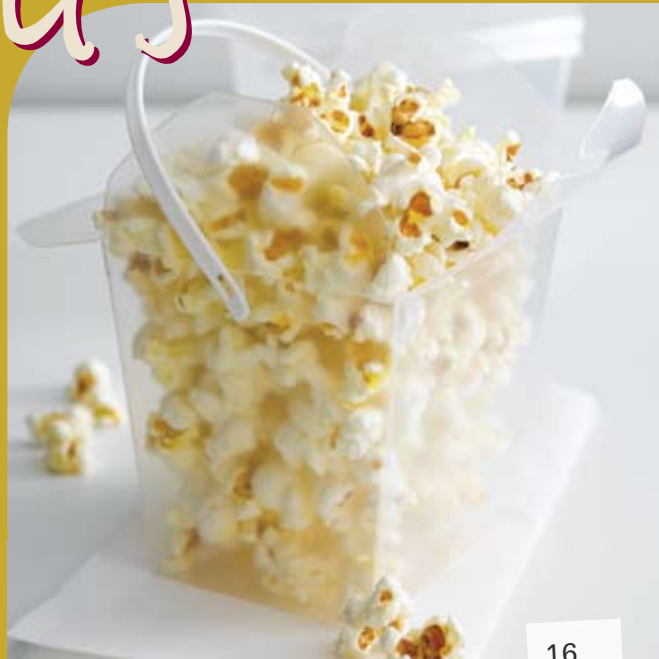
LEANNE COMPTON
& CAROL WARREN

BOOK

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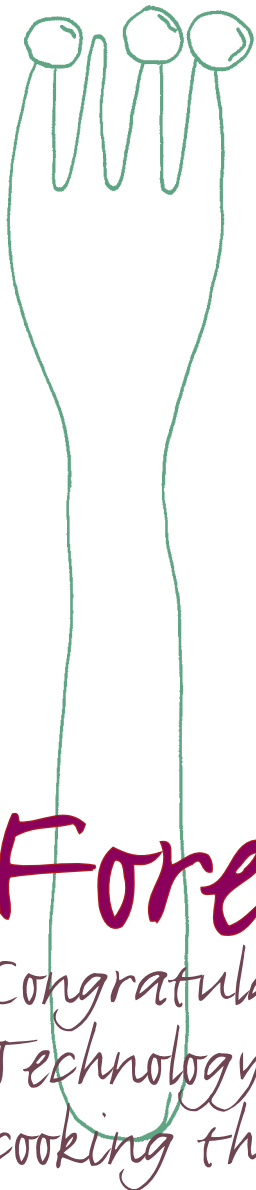
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Introduction

e-Food Book 2 recognises that, after a core study of Food and Technology in Year 7 and/or Year 8, students often undertake semester electives.



The four sections in *e-Food Book 2* cover the types of electives offered in many schools, such as nutrition, meal planning, international foods and food technology. With this in mind, the four sections have been developed to incorporate a relevant and contemporary approach, acknowledging the fast-paced technological society for which we are preparing our students, yet maintaining a focus on the importance of healthy eating.

This second edition incorporates changes to the curriculum and the introduction of the Victorian Essential Learning Standards (VELS). As a multi-dimensional discipline, Food and Technology is ideally suited to meeting the VELS strands of Interdisciplinary Learning, and Physical, Personal and Social Learning.

This book also aims to complement the focus on *The Australian Guide to Healthy Eating* in *e-Food Book 1*. Recognising that students study Food and Technology for differing amounts of time, the topics and content from both books may be used together. For example, when studying snacks and junk food in *e-Food Book 2*, the information found in the chapters on fat, salt and sugar in *e-Food Book 1* will provide useful background information.

We hope that you will find this book to be a fun, interactive and educational resource that will help to meet the needs of our young people in a technologically diverse and challenging world.

Foreword

Congratulations on choosing to study Food and Technology – you obviously have a passion for food and cooking that we hope will stay with you for life.



Peter Brown is Executive Director of the Fifteen Foundation (Australia) and Tobie Puttock is the Executive Head Chef of Fifteen Melbourne. Find out more about the work of Fifteen at: www.fifteenfoundation.org.au

"At Fifteen we strongly believe that the best way to learn is to do. So get into the kitchen and start cooking up some awesome meals using fresh locally grown produce. And remember to smile while you cook – the meal will always taste better."

Peter Brown,
Executive Director, Fifteen Foundation (Australia)

"Having been a chef for many years, I was approached to run the Fifteen kitchen in London. I was amazed at how my skill as a chef could be used to change the lives of young people in need. Moving back to Melbourne and starting Fifteen in my home town has been a dream of mine for a long time and now I have many people who have seen the good work this training program can do and who share the enjoyment of the success of helping people move forwards."

Tobie Puttock,
Founder and Consultant Chef at Fifteen Melbourne

At the Fifteen Foundation (Australia) our goal is to inspire young people to reach their full potential through food education because we believe that education and a passion for food has the power to change lives.

Fifteen was conceived in 2002 when Jamie Oliver had a simple idea: to give disadvantaged young people the chance to gain professional education and training in the restaurant industry and, in so doing, equip them for an independent, successful, positive and sustainable future.

There is now a Fifteen Foundation in Melbourne working alongside the Fifteen Melbourne restaurant that is helping groups of young people from tough backgrounds to turn their lives around. The Fifteen Foundation not only helps young people by giving them real prospects for the future but also helps them tackle the day-to-day issues that might have previously held them back.

As you go through this book and continue to develop your own knowledge about nutrition, global food trends and issues, meal planning, food styling, labelling and so much more, we encourage you to push the boundaries of your food knowledge: ask questions, try new things, be aware of food miles and sustainable agriculture, go to a market and try a new food that you've never tried before and visit a farm and meet a producer – there is so much that you can do to encourage your own love of food.

If your passion for food continues there are many exciting career choices that you can pursue: chef, nutritionist, food photographer, chocolatier, food stylist, barista, sommelier, food journalist, caterer and more – the opportunities are truly endless! However, if a career in the food industry isn't for you at least you can be a great cook at home. So roll up your sleeves, throw on an apron and get cooking – and remember if it's not fun you're doing it wrong.

Happy cooking!

Peter Brown and Tobie Puttock

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FOUNDATION
inspiring young people AUSTRALIA

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