

Food, Health and Wellbeing Factsheet



Students will explore nutritional impacts of adhering to the Australian Guidelines to Healthy Eating and the potential impacts of lifestyle disease, on the community. Students undertake cooking practicals to develop skills and knowledge in safe food handling, safe kitchen practices and how to choose and follow healthy recipes.

The Health and Wellbeing program is aligned to the Personal, Social and Community Health strand in the Health and Physical Education curriculum.

As a ShineSA School, this program has a strong focus on individual identity and understanding puberty. Students evaluate and analyse how individuals respond emotionally to different situations and the actions that demonstrate empathy and sensitive behaviours within our community.

Henley High School has large and extensive facilities including new kitchens.

Food, Health and Wellbeing are a compulsory subject within the middle years. Students develop confidence, teamwork and communication skills to actively prepare and cook healthy food choices. Students design menus, food products and packaging as well as health promoting activities within the community.

Subjects

- ✓ Food, Nutrition and Health
- ✓ Food Design
- ✓ Catering and Event Management
- ✓ Café Skills
- ✓ Health and Wellbeing
- ✓ Food and Hospitality

Skills and knowledge gained

Skills and knowledge gained are aligned to the Health and Physical education curriculum covering the focus areas of: Food and Nutrition, Mental Health and Wellbeing, Relationships and Sexuality and Safety.

Students demonstrate their understanding through a range of research, investigative tasks including strategies to create a healthier future for individuals and the wider community

Career and further education opportunities

Health Pathways

- ✓ Allied Health, Nursing, Social Work, Health Promotion, Nutrition and Dietetics

Food, Hospitality and Tourism Pathways

- ✓ Business Management, Food Science, Product Design, Hospitality and Travel, Hotel Management, Chef and Culinary Arts.

More information

For more information about Food, Health and Wellbeing at Henley High School, please contact Kate Meakins at kate.meakins@henleyhs.sa.edu.au.