

Students learn food skills

Wee Waa High School Year 7/8 students have just enjoyed their first food technology practical lesson, putting into action new knowledge they have gathered during the first few weeks of term two.

Food technology teacher Josh O'Shea explained that in Year 7 and 8, students transition around four different Technology subjects including, art, IT, woodwork and hospitality, in order to give students a taste of what each subject offers.

During their first two years at high school, students transition through each technology subject twice.

In food technology they focus on broad learning outcomes that draws together the knowledge, understanding, skills, values and attitudes essential for all students to succeed in and beyond their schooling.



LEFT: Food technology teacher Josh O'Shea, Caleb Morrison and Lillian Manson-Smith.

RIGHT: Lydia Moon, Ashleigh Ross, Amella Kiern and Lou Manson-Smith.

Through food technology students learn time management, safe and responsible behaviour, they gain practice following a set of written instructions and putting them into practice and this ability can be applied to all of the subjects and life generally.

Making healthy food accessible is paramount.

Accessible means it's easy to make and has readily accessible and inexpensive ingredients.

Mr O'Shea shows the students how to make everything from scratch and we seldom use anything that comes in a packet.

This is important because as we know, unprocessed food is healthier, generally less expensive and always tastes better.

The skills students learn in food technology provide them with some of the fundamental building blocks to a healthy and self-sufficient future.

