Food technology – HSC resource list

The accompanying resources supports the HSC Hub presentation for food technology – contemporary nutrition issues. This includes a list of suitable you tube clips and websites for the unit contemporary nutrition issues.

## Resource list

### **Contemporary nutrition issues**

#### Outcomes

* **H2.1 evaluates the relationship between food, its production, consumption, promotion and health.**
* **H3.2 independently investigates contemporary nutrition issues.**
* **H5.1 develops, realises and evaluates solutions for a range of food situations.**

[Food Technology Stage 6 Syllabus](https://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/stage-6-learning-areas/technologies/food-technology-syllabus) © 2013 NSW Education Standards Authority (NESA) for and

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#### **YouTube clips**

* [Active Non-Nutrients ~ Contemporary Nutrition Issues](https://www.youtube.com/watch?v=PocAIg0N4TM) (duration 8:59) - supports Stage 6 Food Technology - contemporary nutrition issues investigating the role of ‘active non-nutrients’ in the diet such as phytochemicals, probiotics and fibre.
* [Dietary Supplements ~ Contemporary Nutrition Issues](https://www.youtube.com/watch?v=NqyfWr26TfM) (duration 3:02) - investigates the role of dietary supplements in the diet.
* [Anorexia Story Part 1 ~ Contemporary Nutrition Issues](https://www.youtube.com/watch?v=lu2Aj27Fwgc) (duration 9:09) - diet and health in Australia. The physical effects and economic costs of malnutrition (under and over nutrition) and diet related disorders.
* [60 Minutes (Australia) Anorexia Story Part 2](https://www.youtube.com/watch?v=bb1G6gxoDEs) (duration 7:40) - diet and health in Australia. The physical effects and economic costs of malnutrition (under and over nutrition) and diet related disorders.
* [Functional Foods Part 1~ Contemporary Nutrition Issues](https://www.youtube.com/watch?v=iyOjEebm5lA) (duration 11:31) - the production and manufacture of nutritionally modified foods to meet consumer demand including a range of functional foods such as fortified foods.
* [Functional Foods Part 2 ~ Contemporary Nutrition Issues](https://www.youtube.com/watch?v=fJVCSqJV9qE) (duration 14:55) -the production and manufacture of nutritionally modified foods to meet consumer demand including a range of functional foods such as fortified foods.
* [Health Star Ratings ~ Contemporary Nutrition Issues](https://www.youtube.com/watch?v=0alAWFyjRoo) (duration 4:30) - evaluates the relationship between food, its production, consumption, promotion and health.
* [Food for Sports Performance ~ Contemporary Nutrition Issues](https://www.youtube.com/watch?v=jgisUlykzag) (duration 3:36) - explores the economic cost of obesity, the importance of prevention and the benefits of investment in innovative and practical solutions.
* [Diet: The Disease of our Generation](https://www.youtube.com/watch?v=_0YRkz6dclQ) (duration 5:52) - investigates the impact obesity has on individuals, society and the community.
* [What are Diet-Related Disorders? - Diabetes, Obesity and Coeliac Disease Explained](https://www.youtube.com/watch?v=DNX8YMxX10k) (duration 1:28)
* [Toddlers, Pregnancy, the Elderly ~ Contemporary Nutrition Issues](https://www.youtube.com/watch?v=Xjd1_3Abyb8) (duration 2:35) - nutritional considerations for specific group- toddlers.
* [Childhood Obesity: Do junk food adverts really influence children?](https://www.youtube.com/watch?v=oxlmrcr-2Bo) (duration 1:08) - Primary school children shown a range of adverts that were designed to appeal to them or were shown during family shows on TV. Their reactions show how adverts work.
* [What is Malnutrition](https://www.youtube.com/watch?v=WWAl1tIUlCU) (duration 2:20) - details forms of malnutrition such as 'hidden hunger', which affects millions around the world.' This occurs when people consume what appears to be enough food, yet that food lacks the nutrients required to promote development and sustain health.
* [An Eating Disorder Specialist Explains Our Unhealthy Relationship to Food](https://www.youtube.com/watch?v=CRX8tR7Xat0) (duration 5:06) - examines the healthy relationship to food, how it contributes to disordered eating and the underlying causes, similarities and differences of various eating disorders.
* [Children & Fast Food Ad (CONFRONTING) - C Nutrition Issues](https://www.youtube.com/watch?v=2ve2-17XtzQ) (duration 1:02) - media and the ethical issues related to advertising practices on food consumption such as the promotion of ‘health’ foods and ‘fast’ foods.
* [Marketing food to children - TEDx](https://www.youtube.com/watch?v=0bop3D7-dDM) (duration 14:37) - investigation into the billion-dollar business of marketing junk food, soda, and fast food to children and teens. With diet-related related illnesses alarmingly on the rise, pervasive marketing of junk food to children is dangerous.