



# THE WAY

TERM 1 : FRIDAY 13  
APRIL 2018



Tuscan Chicken



Yr 9 Food Technology



Quiches



Tuscan Chicken



## Quiches



Tomato and Penne with Garlic Bread

## YEAR 9 FOOD TECHNOLOGY

Year 9 Food Technology classes are learning about how foods affect our health and well-being.

They are learning about how our nutrition can cause specific health related diseases as well as how to help prevent particular diseases through educated choices.

While learning about diet related diseases such as diabetes type II, hypertension, colon cancer, osteoporosis and coeliac disease, Year 9 have been preparing a variety of foods that cater for these diseases or help prevent or reduce the occurrence of them.

**Mrs Helen Bull**

Secondary TAS Teacher



Year 9 Food Tech Quiches