

Year Level: 9

Subject: FOOD IN ACTION

Week	Unit	Learning Focus	Victorian Curriculum
1	Intro to course – class rules, hygiene and tools revision. Revise Healthy Food Models	Fruit or Vegetable Muffins Baking and Mixing Prac Lesson Class Discussions Students create their own flavoured muffins Safety Revision Handouts Comparing food model questions or handout Activity 4.8 FBD pg 66	Technologies and Society 1. Critically analyse factors, including social, ethical and sustainability considerations, that impact on designed solutions for global preferred futures and the complex design and production processes involved (VCDSTS054) 2. Explain how designed solutions evolve with consideration of preferred futures and the impact of emerging technologies on design decisions
2-3	Importance of Nutrients through the lifespan. Factors that influence food choice	Prawn & Vegetable Rice Paper Rolls (FBD pg 75) Slicing, Julienne, Working with rice paper Nutrients through Lifespan (Clickview) video and questions	Food and fibre production 1. Investigate and make judgements on the ethical and sustainable production and marketing of food and fibre (VCDSTC057) Food specialisations 1. Investigate and make judgements on how the principles of food safety, preservation, preparation, presentation and sensory perceptions influence the creation of food solutions for healthy eating (VCDSTC058)
4-5	Discover Nutrients – Fibre & Gluten. Bread. Discover Nutrients – Carbohydrates – high and low GI Foods. Cereals & Rice	Bread – create their own flavor Mixing, Kneading & Baking Activity 7.2 Yeast Activity (FBD2 pg 133) Activity 7.3 Bread through the decades (FBD pg 135) Pasta – low and high GI dish Boiling and Simmering Class discussion – Questions to answer of High and Low GI Investigating Rice questions Wholegrains word find	Food and fibre production 1. Investigate and make judgements on the ethical and sustainable production and marketing of food and fibre (VCDSTC057) Food specialisations 1. Investigate and make judgements on how the principles of food safety, preservation, preparation, presentation and sensory perceptions influence the creation of food solutions for healthy eating (VCDSTC058)
6-7	Discover Nutrients – Protein, Meat, Fish & Poultry Discover Nutrients – Good Fats V Bad Fats	Mini Meat Loaves (Efoods pg 320) Oven Cooking Fish Puzzle Bad Fat and Good Fat dish and compare Deep Frying Shallow Frying Oven Cooking ‘Fats back in Fashion’	Food and fibre production 1. Investigate and make judgements on the ethical and sustainable production and marketing of food and fibre (VCDSTC057) Food specialisations 1. Investigate and make judgements on how the principles of food safety, preservation, preparation, presentation and sensory

		‘Deadly snack attack’ articles and questions	perceptions influence the creation of food solutions for healthy eating (VCDSTC058)
9-10	Discover Nutrients – Minerals eg Calcium, Iron, Sodium. Milk & Cheese Discover Nutrients – Vitamins eg Vit A – D – importance during pregnancy	Calcium dish – Spinach and Ricotta Cannelloni Make own lasagne pasta Pasta Machine Shallow Frying Baking Cheese Tasting Testing knowledge Questions – Fruit and Veg dish – Vegetable Frittata Steaming Chargrill Baking Layering of puff pastry Simmering Sauces	Food and fibre production 1. Investigate and make judgements on the ethical and sustainable production and marketing of food and fibre (VCDSTC057) Food specialisations 1. Investigate and make judgements on how the principles of food safety, preservation, preparation, presentation and sensory perceptions influence the creation of food solutions for healthy eating (VCDSTC058)
11-12	Different Food Related Illnesses eg Obesity, Heart Disease, Osteoporosis, Bowel Cancer, Food Allergies	Suitable dishes for food related illnesses for assignment Various cooking methods Class discussion on different diseases Food Related Illness Assignment Organic dish or finish off assignment dishes Various Cooking Method Class discussion Class Debate whether organic is better than normal foods	Food and fibre production 1. Investigate and make judgements on the ethical and sustainable production and marketing of food and fibre (VCDSTC057) Food specialisations 1. Investigate and make judgements on how the principles of food safety, preservation, preparation, presentation and sensory perceptions influence the creation of food solutions for healthy eating (VCDSTC058)
13-14	Meal Planning Topic – look at what considerations we need when meal planning The Design Process Topic: Breakfast Eggs and Coagulation	Entrée, Lunch and Dinner option in pairs to cook and prepare Various Cooking Methods Breakfast options – Eggs Benedict - Omelette - Pancakes - fruit & muesli Platter of Breakfast dishes Boiling, frying, poaching etc	Creating Designed Solutions Investigating 1. Critique needs or opportunities to develop design briefs and investigate and select an increasingly sophisticated range of materials, systems, components, tools and equipment to develop design ideas (VCDSCD060) Generating 1. Apply design thinking, creativity, innovation and enterprise skills to develop, modify and communicate design ideas of increasing sophistication (VCDSCD061) Producing

			<p>1. Work flexibly to safely test, select, justify and use appropriate technologies and processes to make designed solutions (VCDSCD062)</p> <p>Evaluating</p> <p>1. Evaluate design ideas, processes and solutions against comprehensive criteria for success recognising the need for sustainability (VCDSCD063)</p>
15-16	<p>Topic: Lunch</p> <p>Topic: Dinner</p>	<p>Chicken & Mushroom Risotto</p> <p>Boiling</p> <p>Simmering</p> <p>Shallow Frying</p> <p>Own choice</p> <p>OR</p> <p>Design a stirfry</p> <p>Shallow Frying</p> <p>Grilling</p>	<p>Creating Designed Solutions</p> <p>Investigating</p> <p>1. Critique needs or opportunities to develop design briefs and investigate and select an increasingly sophisticated range of materials, systems, components, tools and equipment to develop design ideas (VCDSCD060)</p> <p>Generating</p> <p>1. Apply design thinking, creativity, innovation and enterprise skills to develop, modify and communicate design ideas of increasing sophistication (VCDSCD061)</p> <p>Producing</p> <p>1. Work flexibly to safely test, select, justify and use appropriate technologies and processes to make designed solutions (VCDSCD062)</p> <p>Evaluating</p> <p>1. Evaluate design ideas, processes and solutions against comprehensive criteria for success recognising the need for sustainability (VCDSCD063)</p>
17-18	<p>Topic: Desserts</p> <p>Topic: Snacks</p>	<p>3-4 Dessert choices in groups to share eg Spiced Chocolate Bread Puddings, Lemon Tarts, Choc Berry Roulade etc</p> <p>Meal research, orders and timeplans</p> <p>Healthier Snack options to share in groups eg Pumpkin muffins, pasties, Ricotta pillows, vegetable fritters</p> <p>Various cooking processes</p>	<p>Creating Designed Solutions</p> <p>Investigating</p> <p>1. Critique needs or opportunities to develop design briefs and investigate and select an increasingly sophisticated range of materials, systems, components, tools and equipment to develop design ideas (VCDSCD060)</p> <p>Generating</p> <p>1. Apply design thinking, creativity, innovation and enterprise skills to develop, modify and communicate design ideas of increasing sophistication (VCDSCD061)</p> <p>Producing</p> <p>1. Work flexibly to safely test, select, justify and use appropriate technologies and processes to make designed solutions (VCDSCD062)</p> <p>Evaluating</p> <p>1. Evaluate design ideas, processes and solutions against comprehensive criteria for success recognising the need for sustainability (VCDSCD063)</p>
19-20	<p>Topic: Takeaway – Healthy V Non Healthy Options and</p>	<p>Commercial Sausage Rolls compared to Home Made Healthier Snack Sweet Foods eg muesli bars, yoghurt</p>	<p>Creating Designed Solutions</p> <p>Investigating</p> <p>1. Critique needs or opportunities to develop design briefs and investigate and select an</p>

	<p>different Packaging Options Labels on packaging Free Cooking options</p>	<p>muffins, cheese scones, carrot mini loaves Oven cooking Pastry making Various cooking processes Birthday Cakes – choose own design Baking, beating, mixing, icing, colours Cake Making techniques Revision test if time</p>	<p>increasingly sophisticated range of materials, systems, components, tools and equipment to develop design ideas (VCDSCD060) Generating 1. Apply design thinking, creativity, innovation and enterprise skills to develop, modify and communicate design ideas of increasing sophistication (VCDSCD061) Producing 1. Work flexibly to safely test, select, justify and use appropriate technologies and processes to make designed solutions (VCDSCD062) Evaluating 1. Evaluate design ideas, processes and solutions against comprehensive criteria for success recognising the need for sustainability (VCDSCD063)</p>
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