

Year Level: 7

Subject: Home Economics

Semester: 2

Week	Unit	Learning Focus	Victorian Curriculum
1	Food Safety Food Hygiene Tools and equipment	Ribbon Sandwiches Focus on cutting and knife techniques and kitchen hygiene * Kitchen Safety checklist and rules * Personal Food Hygiene Questionnaire revision * Food Kitchen – circle the mistakes * Kitchen equipment worksheet	Producing – <ul style="list-style-type: none">Effectively and safely use of broad range of materials, components, tools and equipment and techniques to produce design solutions
2	Sensory Heating & Grilling Measurement Setting a Table	Scones Oven Cooking Kneading * Stoves and Grill safety discussion * Grilling and Frying fill in activity * Measuring activity sheet * Discuss reading recipes and how to follow them * Evaluations – how to fill them out using sensory words *How to set a table worksheet	Generating – <ul style="list-style-type: none">Generate, develop and test ideas, plans and technical terms and technologies Producing – <ul style="list-style-type: none">Effectively and safely use of broad range of materials, components, tools and equipment and techniques to produce design solutions
3	Australian Food Models Food Contamination	Choc Chip Cookies Beating Oven Cooking * Discuss the Food Models – activity sheet * “Con Contamination” video and questions	Food Specialisations <ul style="list-style-type: none">Analyse characteristic and properties of food for healthy livingUnderstand preparation techniques and presentation of healthy eating Producing – <ul style="list-style-type: none">Safety use of materials, tools and equipment to produce meals and healthy eating as well as a range of textile products

			<p>Evaluating –</p> <ul style="list-style-type: none"> • Self Evaluation and Teacher evaluation of meals, cooking, and solutions for improvement
4	Topic: Vegetables	<p>Jacket Potatoes Mashing Boiling Oven cooking * Vegetable classification notes on board * How to choose Vegetables on the shelf – what to look for * Vegetable Activity sheets * Introduce Assignment – Vegetable/or Fruit task</p>	<p>Food & Fibre Production</p> <ul style="list-style-type: none"> • Analyse how food and fibre is produced • How can these become more sustainable <p>Food specialization –</p> <ul style="list-style-type: none"> • analyse characteristics and properties of food to determine preparation techniques etc <p>Investigating –</p> <ul style="list-style-type: none"> • investigate, analyse and select from materials etc to develop design ideas <p>Producing –</p> <ul style="list-style-type: none"> • Safety use of materials, tools and equipment to produce meals and healthy eating <p>Evaluating –</p> <ul style="list-style-type: none"> • Self Evaluation and Teacher evaluation of meals, cooking, solutions for improvement
5	Topic: Fruit	<p>Apple Crumble Boiling, Simmering Stove top Oven Cooking <i>* Discuss the different fruit characteristics</i> <i>* How to purchase fruit and vegetables – different options</i> <i>* Assignment Task</i></p>	<p>Food & Fibre Production</p> <ul style="list-style-type: none"> • Analyse how food and fibre is produced • How can these become more sustainable <p>Food specialization –</p> <ul style="list-style-type: none"> • analyse characteristics and properties of food to determine preparation techniques etc <p>Producing –</p> <ul style="list-style-type: none"> • Safety use of materials, tools and equipment to produce meals and healthy eating <p>Evaluating –</p> <p>Self Evaluation and Teacher evaluation of meals, cooking, solutions</p>
6	Topic: Cereals	<p>Fried Rice Chopping Saute Frying * Different Cereals and how they are produced * Rice Options * Cereal word find activity * Cereal production video?</p>	<p><u>Food & Fibre Production</u></p> <ul style="list-style-type: none"> • Analyse how food and fibre is produced • How can these become more sustainable <p>Food specialization –</p> <ul style="list-style-type: none"> • analyse characteristics and properties of food to determine preparation techniques etc <p>Producing –</p> <ul style="list-style-type: none"> • Safety use of materials, tools and equipment to produce meals and healthy eating as well as a range of textile products <p>Evaluating –</p> <ul style="list-style-type: none"> • Self Evaluation and Teacher evaluation of meals, cooking, and solutions for improvement

7	Topic: Dairy Foods	<p>Mac N Cheese Boiling Oven Cooking Stovetop * Different Dairy Products</p> <p>* How to test for fresh eggs</p> <p>* Milk options – how can it be purchased</p> <p>* Milk Comparison Activity using IPADS</p> <p>* Different Cheese Options – taste test?</p>	<p>Food & Fibre Production -</p> <ul style="list-style-type: none"> Analyse how food and fibre is produced. How can these become more sustainable <p>Food specialization –</p> <ul style="list-style-type: none"> analyse characteristics and properties of food to determine preparation techniques etc <p>Producing –</p> <ul style="list-style-type: none"> Safety use of materials, tools and equipment to produce meals and healthy eating <p>Evaluating –</p> <ul style="list-style-type: none"> Self Evaluation and Teacher evaluation of meals, cooking, and solutions for improvement
8	Topic: Meat	Spaghetti Bolognaise	<p>Boiling Simmering Chopping * Food value of meat and different cuts for different animals * What meat do you eat - worksheet * Dry and moist methods of cooking worksheet * Beef cattle worksheet</p>
9	Topic: Sugar	<p>Raspberry Cupcakes Beating/Mixing Baking * Discuss different Sugar classifications</p> <p>* The facts about sugar in drinks handout and discuss</p> <p>* Sugar video or click view with questions</p>	<p>Food specialization –</p> <ul style="list-style-type: none"> analyse characteristics and properties of food to determine preparation techniques etc <p>Producing –</p> <ul style="list-style-type: none"> Safety use of materials, tools and equipment to produce meals and healthy eating <p>Evaluating –</p> <ul style="list-style-type: none"> Self Evaluation and Teacher evaluation of meals, cooking, for improvement
10	Food packaging and Takeaway	<p>Beef Burgers Stovetop/Grilling * Discuss health issues with eating takeaway and what are some alternative 'Healthy takeaway' options</p> <p>* Types of food packaging – notes on board</p>	<p>Food & Fibre Production -</p> <ul style="list-style-type: none"> Analyse how food and fibre is produced. How can these become more sustainable <p>Producing –</p> <ul style="list-style-type: none"> Safety use of materials, tools and equipment to produce meals and healthy eating