

YEAR 7 HOME ECONOMICS CURRICULUM 2018

	Learning	Focus	Part 1,2,3	Assessment	VIC CURRICULUM STRANDS
Week	Theory	Practical	Cooking Process	Assessment & Worksheets	Level 7 & 8
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 living Understand preparation techniques and presentation of healthy eating

					<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
4	Topic: Vegetables	Jacket Potatoes	<p>Mashing Boiling Oven cooking</p>	<p>* Vegetable classification notes on board</p> <p>* How to choose Vegetables on the shelf – what to look for</p> <p>* Vegetable Activity sheets</p> <p>* 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	Apple Crumble	Boiling, Simmering Stove top Oven Cooking	<ul style="list-style-type: none"> * Discuss the different fruit characteristics * How to purchase fruit and vegetables – different options * Assignment Task 	<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, solutions for improvement
6	Topic: Cereals	Fried Rice	Chopping Saute Frying	<ul style="list-style-type: none"> * Different Cereals and how they are produced * Rice Options * Cereal word find activity * Cereal production video? 	<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	Mac N Cheese	Boiling Oven Cooking Stovetop	<ul style="list-style-type: none"> * Different Dairy Products * How to test for fresh eggs * Milk options – how can it be purchased * Milk Comparison Activity using IPADS * Different Cheese Options – taste test? 	<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	Boiling Simmering Chopping	<ul style="list-style-type: none"> * 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>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
9	Topic: Sugar	Raspberry Cupcakes	Baking Beating/Mixing	<ul style="list-style-type: none"> * Discuss different Sugar classifications * The facts about sugar in drinks handout and discuss * Sugar video or click view with questions 	<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	Beef Burgers	Stovetop/Grilling	<ul style="list-style-type: none"> * Discuss health issues with eating takaway and what are some alternative 'Healthy takeaway' options * Types of food packaging – notes on board 	<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