

## YEAR 8 HOME ECONOMICS CURRICULUM & vic curriculum 2018

WEEK		LEARNING	FOCUS	PART 1, 2 3		Vic curriculum
Week	E 5	Topics	Practical Task	Cooking Process	Assessment & Worksheets	Level 7 & 8
1	Engage   Explore	Food Safety Revision  Food and Kitchen Terms  Tools & Equipment  Measurement Revision	Orange Crunch Biscuits	Oven Cooking Mixing Skills Measuring	* Kitchen Safety handout * Circle disasters in kitchen worksheet * Food Safety Questionnaire Revision * Revision of Kitchen Tools and Equipment worksheet * Measuring revision handouts & questions (if time) * Glossary Brainstorm of cutting words – word handouts	Investigating – <ul style="list-style-type: none"> <li>Critique needs or opportunities designing and investigate, analyse and select from a range of materials, components, tools, equipment and processed to develop design ideas</li> </ul> Producing – <ul style="list-style-type: none"> <li>Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions</li> </ul>
2	Engage  Explain   Evaluate	Cooking Words  Sensory Evaluation  Food Storage	Herb & Cheese Muffins	Oven Cooking Mixing	* Evaluation write ups – discuss and go through * Mix and Match Processes worksheet * Brainstorm – what is food and why we need it * Handout – nutrients and eating for good health – discuss * Food Storage worksheets * Table Setting Etiquette – discuss and go over table settings	Investigating – <ul style="list-style-type: none"> <li>Critique needs or opportunities designing and investigate, analyse and select from a range of materials, components, tools, equipment and processed to develop design ideas</li> </ul>

						<p>Producing –</p> <ul style="list-style-type: none"> <li>Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions</li> </ul> <p>Evaluating –</p> <ul style="list-style-type: none"> <li>Self Evaluation and Teacher evaluation of meals, cooking, solutions for improvement</li> </ul>
3	<p>Elaborate</p> <p>Explain</p>	<p>Factors influencing food choices</p> <p>Nutrition</p> <p>Revisit two food models</p> <p>Meal Planning</p> <p>Reading Labels</p>	Bread Knot Rolls	Oven cooking Kneading	<p>* Discuss two food models on board – Pyramid &amp; HE Guide</p> <p>* Go through handouts on both models</p> <p>* Investigate activity on two meal options</p> <p>* Planning family meals – brainstorm with students</p> <p>* Factors influencing Food choice – discuss and brainstorm</p> <p>* Look at the label handout</p>	<p>Investigating –</p> <ul style="list-style-type: none"> <li>Critique needs or opportunities designing and investigate, analyse and select from a range of materials, components, tools, equipment and processed to develop design ideas</li> </ul> <p>Producing –</p> <ul style="list-style-type: none"> <li>Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions</li> </ul> <p>Evaluating –</p>

						<ul style="list-style-type: none"> <li>Self Evaluation and Teacher evaluation of meals, cooking, solutions for improvement</li> </ul>
4	Explore	Breakfast	Breakfast Omelette	Pan Frying Whisking	<ul style="list-style-type: none"> <li>* Discuss importance of breakfast – why?</li> <li>* Planning your own breakfast worksheet</li> <li>* Eggs – what nutrients they have in handout and how to test for fresh eggs (demonstrate if have time)</li> <li>* School breakfast case study and questions</li> <li>* Egg Crossword</li> </ul>	Technologies & Society – <ul style="list-style-type: none"> <li>Examine and prioritise competing factors including social, ethical, economic and sustainability considerations in the development of technologies and designed solutions to meet community needs for preferred futures</li> </ul>
5.	Explain  Evaluate	Lunch	Pumpkin Soup	Saute Boiling Simmering Blending	<ul style="list-style-type: none"> <li>* What options we can have for lunch – discuss lunch habits of classroom students</li> <li>* Investigate student lunchboxes – write bad foods and good food options on the board</li> <li>* Go through healthy lunchbox handout</li> </ul>	Technologies Context - Food Specialisation: <ul style="list-style-type: none"> <li>Analyse how characteristics and properties of food determine preparation techniques and presentation when creating solutions for healthy eating</li> </ul>
6	Elaborate	Dinner	Stirfry – Beef or Chicken	Knife skills Chopping Wok pan frying	<ul style="list-style-type: none"> <li>* What can we eat for dinner – discuss and brainstorm</li> <li>* Dinner history and culture worksheet</li> </ul>	Creating Designed solutions – Investigating: <ul style="list-style-type: none"> <li>Critique needs or opportunities for designing and</li> </ul>

7		Dinner Cont ...	Mashed Potato Pies	Chopping Mashing Oven Cooking	<p>* The family dinner – who does the cooking in their household, answer question sheet and discuss meal time behaviour's</p> <p>* Discuss different cuts of meats that can be used for main meals * <i>Pancake Design Brief for assignment if have time</i></p>	<p>investigation, analyse and select from a range of materials, components, tools and equipment and processes to develop design ideas</p> <p>Generating:</p> <ul style="list-style-type: none"> <li>• Generate, develop and test design ideas, plans and processes using appropriate technical terms and technologies including graphical representation techniques</li> </ul>
8	Engage  Explore	Desserts	Sticky Date Pudding	Beating Whisking Sauce making Oven cooking	<p>* Brainstorm different desserts * How baking works – handout and discuss * Brainstorm different sugars, including artificial sugars– students to write down on paper * Sugar in drinks worksheet * Sugar Find-a-word activity sheet (spare activity) * <b>Design a pancake Assignment Sheet</b></p>	<p>Producing –</p> <ul style="list-style-type: none"> <li>• Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions</li> </ul>
9		Sugar and Fats	Apple Pie – make own pastry	Kneading Rolling Simmering Oven cooking	<p>* Discuss different types of fats * Beat the tummy rumbles activity sheet</p>	<p>Evaluating –</p> <ul style="list-style-type: none"> <li>• Self Evaluation and Teacher evaluation of meals, cooking,</li> </ul>

					<p>* Discuss different takeaway snacks to choose – healthy and unhealthy</p> <p>* Lets get “Fooducated” worksheet (Oreos)</p> <p>* Personal case study on eating and drinking habits</p>	solutions for improvement
10	Evaluate Explore	Takeaway	Pizza	Kneading Chopping Baking	<p>* Problems with fast food handout – discuss</p> <p>* <i>Design a Pizza Activity or Activity 6.3 (FBD2 pg 95) GP’s Ban media article</i></p> <p>* Investigate making healthy fast food choices worksheet</p> <p>* Discuss ‘Healthy takeaway’ options handout</p> <p>.test if there is time</p>	<p>Planning &amp; Managing –</p> <ul style="list-style-type: none"> <li>• Use project management processes to coordinate production of designed solutions</li> </ul>