

## YEAR 9 FOODS IN ACTION CURRICULUM OVERVIEW 2018

	Learning	Focus	Part 1,2, 3	Assessment	Vic curriculum
Week	Topics	Production	Cooking Process	Activities & Assessment	
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 – <ul style="list-style-type: none"> <li>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</li> </ul>
2	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	<ul style="list-style-type: none"> <li>Explain how designed solutions evolve with consideration of preferred futures and the impact of emerging technologies on design decisions</li> </ul>
3	Discover Nutrients – Fibre & Gluten. Bread.	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)	Food & Fibre Production – <ul style="list-style-type: none"> <li>Investigate and make judgements on the ethical and sustainable production and marketing of food and fibre</li> </ul>
4	Discover Nutrients – Carbohydrates – high and low GI Foods. Cereals & Rice	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 Specialisation – <ul style="list-style-type: none"> <li>Investigate and make judgements on how the principals of food safety, preservation, preparation and sensory perceptions influence the creating of</li> </ul>

					food solutions for healthy eating
5	Discover Nutrients – Protein, Meat, Fish & Poultry	Mini Meat Loaves (Efoods pg 320)	Oven Cooking	Meat Video Activity FBD2 pg 58-59 meat questions OR Activity 8.1 FBD 5&6 pg 163 or TKQ pg 166 Fish Puzzle	Materials and Technologies – <ul style="list-style-type: none"> <li>Investigate and make judgements on how the characteristics and properties of materials, systems, components, tools and equipment can be combined to create designed solutions</li> </ul>
6	Discover Nutrients – Good Fats V Bad Fats	Bad Fat and Good Fat dish and compare	Deep Frying Shallow Frying Oven Cooking	‘Fats back in Fashion’ ‘Deadly snack attack’ articles and questions Class discussions on good v bad fats Activity 4.3 – Effect of marketing on food choice – FBD pg 56-57	Creating Designed Solutions – Investigating – <ul style="list-style-type: none"> <li>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</li> </ul>
7	Discover Nutrients – Minerals eg Calcium, Iron, Sodium. Milk & Cheese	Calcium dish – Spinach and Ricotta Cannelloni	Make own lasagna pasta Pasta Machine Shallow Frying Baking	Cheese Tasting – FDB pg 200 Testing knowledge Questions – FBD2 pg 75-76 OR Activity 5.2 – Packaging of Milk FBD2 pg 81-82	Generating – <ul style="list-style-type: none"> <li>Apply design thinking, creativity, innovation and enterprise skills to develop, modify and communicate design ideas of increasing sophistication</li> </ul>
8	Discover Nutrients – Vitamins eg Vit A – D – importance during pregnancy	Fruit and Veg dish – Vegetable Frittata  OR	Steaming Chargrill Baking	Fruit Crossword F&V Powerpoint Activity 3.2 FBD2 pg 40-41 – properties of processed pots OR	Producing – <ul style="list-style-type: none"> <li>Work, flexibly to safe test, select, justify and use appropriate technologies</li> </ul>

		Mixed Berry Filo Millefeuille	Layering of puff pastry Simmering Sauces	Activity 6.5 Thinking about Vegetables – FBD pg 110	and processes to make designed solutions
9 – 10 (End of Term)	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 - notes Food Related Illness Assignment	Evaluating – <ul style="list-style-type: none"> <li>Evaluate design ideas, processes and solutions against comprehensive criteria for success recognizing the need for sustainability</li> </ul>
11	Organic Foods and Genetically Modified Foods	Organic dish or finish off assignment dishes	Various Cooking Methods	Class discussion Class Debate whether organic is better than normal foods	Planning and Managing – <ul style="list-style-type: none"> <li>Develop project plans to plan and manage projects individually and collaboratively taking into consideration time, cost, risk and production processes</li> </ul>
12	Meal Planning Topic – look at what considerations we need when meal planning The Design Process	Entrée, Lunch and Dinner option in pairs to cook and prepare	Various Cooking Methods	Assessment Task – plan a 2 course meal for family	Technologies and Society – <ul style="list-style-type: none"> <li>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</li> </ul>
13	Topic: Breakfast Eggs and Coagulation	Breakfast options – Eggs Benedict - Omelette - Pancakes	Platter of Breakfast dishes Boiling, frying, poaching etc	Activity 5.3 FBD pg 81 OR Activity 5.5 FBD pg 83	<ul style="list-style-type: none"> <li>Explain how designed solutions evolve with consideration of preferred futures and the impact of</li> </ul>

		- fruit & muslie		Continue with Assignment research and menu planning	emerging technologies on design decisions
14	Topic: Lunch	Chicken & Mushroom Risotto	Boiling Simmering Shallow Frying	Class discussions, meal research, orders and timeplans	Food & Fibre Production – <ul style="list-style-type: none"> <li>Investigate and make judgements on the ethical and sustainable production and marketing of food and fibre</li> </ul>
15	Topic: Dinner	Own choice OR Design a stirfry – FBD pg 175	Shallow Frying Grilling	Class discussions, meal research, orders and timeplans	Food Specialisation – <ul style="list-style-type: none"> <li>Investigate and make judgements on how the principals of food safety, preservation, preparation and sensory perceptions influence the creating of food solutions for healthy eating</li> </ul>
16	Topic: Desserts	3-4 Dessert choices in groups to share eg Spiced Chocolate Bread Puddings, Lemon Tarts, Choc Berry Roulade etc	Various cooking processes	Class discussions, meal research, orders and timeplans	Materials and Technologies – <ul style="list-style-type: none"> <li>Investigate and make judgements on how the characteristics and properties of materials, systems, components, tools and equipment can be combined to create designed solutions</li> </ul>
17	Topic: Snacks	Healthier Snack options to share in groups eg Pumkin muffins, pasties, Ricotta pillows, vegetable frittats	Various cooking processes	Class discussions, meal research, orders and timeplans	Creating Designed Solutions – Investigating – <ul style="list-style-type: none"> <li>Critique needs or opportunities to develop design briefs and investigate and select an increasingly sophisticated</li> </ul>

					range of materials, systems, components, tools and equipment to develop design ideas
18 - 19	Topic: Takeaway – Healthy V Non Healthy Options and different Packaging Options Labels on packaging	Commercial Sausage Rolls compared to Home Made  Healthier Snack Sweet Foods eg muslie bars, yoghurt muffins, cheese scones, carrot mini loaves	Oven cooking Pastry making  Various cooking processes	Activity 7.2 – Flavoured Pasta and Sauce – FBD2 pg 124-125 OR Fast & Healthy Testing Questions – FBD2 pg 99	Generating – <ul style="list-style-type: none"> <li>Apply design thinking, creativity, innovation and enterprise skills to develop, modify and communicate design ideas of increasing sophistication</li> </ul>
20	Revision and Test – Free Cooking options	Birthday Cakes – choose own design	Baking, beating, mixing, icing, colors	Cake Making techniques Revision test if time	Producing – <ul style="list-style-type: none"> <li>Work, flexibly to safe test, select, justify and use appropriate technologies and processes to make designed solutions</li> </ul>