

Year Level: 7

Subject: Home Economics

Course Overview

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	Analyse how food and fibre are produced when creating managed environments and how these can become more sustainable (VCDSTC046) Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions (VCDSCD051)
2	Sensory Heating & Grilling Measurement Setting a Table	Scones Oven Cooking Kneading * Stoves and Grill safety discussion * Measuring * Reading recipes and how to follow them	Analyse how food and fibre are produced when creating managed environments and how these can become more sustainable (VCDSTC046) Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions (VCDSCD051)
3	Australian Food Models Food Contamination	Choc Chip Cookies Beating Oven Cooking * Food Models * Cross contamination * Temperature danger zone	Analyse how food and fibre are produced when creating managed environments and how these can become more sustainable (VCDSTC046) Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions (VCDSCD051)
4	Topic: Vegetables	Jacket Potatoes Mashing Boiling Oven cooking * Vegetable classifications.	Analyse how food and fibre are produced when creating managed environments and how these can become more sustainable (VCDSTC046) Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions (VCDSCD051)

5	Topic: Fruit	<p>Apple Crumble Boiling, Simmering Stove top Oven Cooking * different fruit characteristics * How to purchase fruit and vegetables.</p>	<p>Analyse how food and fibre are produced when creating managed environments and how these can become more sustainable (VCDSTC046)</p> <p>Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions (VCDSCD051)</p>
6	Topic: Cereals	<p>Fried Rice Chopping Saute Frying. Cereals and how they are produced</p>	<p>Analyse how food and fibre are produced when creating managed environments and how these can become more sustainable (VCDSTC046)</p> <p>Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions (VCDSCD051)</p>
7	Topic: Dairy Foods	<p>Mac N Cheese Boiling Oven Cooking Stovetop * Dairy Products * How to test for fresh eggs</p>	<p>Analyse how food and fibre are produced when creating managed environments and how these can become more sustainable (VCDSTC046)</p> <p>Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions (VCDSCD051)</p>
8	Topic: Meat	<p>Spaghetti Bolognaise Cooking method. Simmering. Pasta cooking</p>	<p>Analyse how food and fibre are produced when creating managed environments and how these can become more sustainable (VCDSTC046)</p> <p>Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions (VCDSCD051)</p>
9	Topic: Sugar	<p>Raspberry Cupcakes Beating/Mixing Baking * different Sugar classifications * The facts about sugar in drinks</p>	<p>Analyse how food and fibre are produced when creating managed environments and how these can become more sustainable (VCDSTC046)</p>

			Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions (VCDSCD051)
10	Food packaging and Takeaway	<p>Beef Burgers Stovetop/Grilling</p> <ul style="list-style-type: none"> * Discuss health issues with eating takaway * Types of food packaging 	<p>Analyse how food and fibre are produced when creating managed environments and how these can become more sustainable (VCDSTC046)</p> <p>Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions (VCDSCD051)</p>