

Year Level: 8

Subject: Home Economics

Course Overview

Week	Unit	Learning Focus	Victorian Curriculum
1	Food Safety Revision  Food and Kitchen Terms  Tools & Equipment  Measurement Revision	Orange Crunch Biscuits Oven Cooking Mixing Skills Measuring * Kitchen Safety * Food Safety * Kitchen Tools and Equipment worksheet	Analyse how food and fibre are produced when creating managed environments and how these can become more sustainable ( <a href="#">VCDSTC046</a> )  Generate, develop and test design ideas, plans and processes using appropriate technical terms and technologies including graphical representation techniques ( <a href="#">VCDSCD050</a> )  Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions ( <a href="#">VCDSCD051</a> )
2	Cooking Words  Sensory Evaluation  Food Storage	Herb & Cheese Muffins Oven Cooking Mixing * Evaluation write * Mix and Match Processes Nutrients and eating for good health – discuss * Food Storage * Table Setting and Etiquette –	Analyse how food and fibre are produced when creating managed environments and how these can become more sustainable ( <a href="#">VCDSTC046</a> )  Generate, develop and test design ideas, plans and processes using appropriate technical terms and technologies including graphical representation techniques ( <a href="#">VCDSCD050</a> )  Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions ( <a href="#">VCDSCD051</a> )
3	Factors influencing food choices  Nutrition  Revisit two food models  Meal Planning  Reading Labels	Bread Knot Rolls Oven cooking Kneading Food models. AGHE * Go through handouts on both models Planning family meals – brainstorm with students Factors influencing Food choice	Analyse how food and fibre are produced when creating managed environments and how these can become more sustainable ( <a href="#">VCDSTC046</a> )  Generate, develop and test design ideas, plans and processes using appropriate technical terms and technologies including graphical representation techniques ( <a href="#">VCDSCD050</a> )  Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions ( <a href="#">VCDSCD051</a> )
	Breakfast	Breakfast Omelette	

4		<p>Pan Frying Whisking * Discuss importance of breakfast * Eggs – what nutrients?</p>	
5.	Lunch	<p>Pumpkin Soup Saute Boiling Simmering Blending</p>	<p>Analyse how food and fibre are produced when creating managed environments and how these can become more sustainable (<a href="#">VCDSTC046</a>)</p> <p>Generate, develop and test design ideas, plans and processes using appropriate technical terms and technologies including graphical representation techniques (<a href="#">VCDSCD050</a>)</p> <p>Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions (<a href="#">VCDSCD051</a>)</p>
6	Dinner	<p>Stir-fry – Beef or Chicken Knife skills Chopping Wok pan frying</p>	<p>Analyse how food and fibre are produced when creating managed environments and how these can become more sustainable (<a href="#">VCDSTC046</a>)</p> <p>Generate, develop and test design ideas, plans and processes using appropriate technical terms and technologies including graphical representation techniques (<a href="#">VCDSCD050</a>)</p> <p>Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions (<a href="#">VCDSCD051</a>)</p>
7	Dinner Cont ...	<p>Mashed Potato Pies Chopping Mashing Oven Cooking * The family dinner * Discuss different cuts of meats</p>	<p>Analyse how food and fibre are produced when creating managed environments and how these can become more sustainable (<a href="#">VCDSTC046</a>)</p> <p>Generate, develop and test design ideas, plans and processes using appropriate technical terms and technologies including graphical representation techniques (<a href="#">VCDSCD050</a>)</p> <p>Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions (<a href="#">VCDSCD051</a>)</p>
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	Desserts	<p>Sticky Date Pudding          Beating          Whisking          Sauce making          Oven cooking</p>	<p>Analyse how food and fibre are produced when creating managed environments and how these can become more sustainable (<a href="#">VCDSTC046</a>)</p> <p>Generate, develop and test design ideas, plans and processes using appropriate technical terms and technologies including graphical representation techniques (<a href="#">VCDSCD050</a>)</p> <p>Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions (<a href="#">VCDSCD051</a>)</p>
9	Sugar and Fats	<p>Pastry making          Kneading          Rolling          Simmering          Oven cooking          Different types of fats</p>	<p>Analyse how food and fibre are produced when creating managed environments and how these can become more sustainable (<a href="#">VCDSTC046</a>)</p> <p>Generate, develop and test design ideas, plans and processes using appropriate technical terms and technologies including graphical representation techniques (<a href="#">VCDSCD050</a>)</p> <p>Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions (<a href="#">VCDSCD051</a>)</p>
10	Takeaway	<p>Pizza or other          Kneading          Chopping          Baking          * Problems with fast food handout –          * Investigate making healthy fast food choices</p>	<p>Analyse how food and fibre are produced when creating managed environments and how these can become more sustainable (<a href="#">VCDSTC046</a>)</p> <p>Generate, develop and test design ideas, plans and processes using appropriate technical terms and technologies including graphical representation techniques (<a href="#">VCDSCD050</a>)</p> <p>Effectively and safely use a broad range of materials, components, tools, equipment and techniques to produce designed solutions (<a href="#">VCDSCD051</a>)</p>