

YEAR 10 Home Economics – International Food

- Unit Outline -



Course Description:

International Foods incorporates the study of food preparation with an international flavour. During the course of the semester students will learn about factors that influence food choices and preparation methods as well as the influence Multiculturalism has had on the Australian diet.

It is assumed that students have had some experience of food preparation in a Home Economics Centre and it is expected that they are able to work within the established routines of the classroom.

Although recipes are set for the entire semester, the menu subject to change depending on fresh produce availability.

Course Outcomes:

By the end of this unit you should be able to:

- Understand the influence Multiculturalism has had on the Australian diet.
- Identify the distinctive traditional dishes of certain countries.
- Know the specific regions that certain migrant have come from
- Identify specific staple foods.

Course Organisation:

The organisation of the unit will be:

- Practical Cooking time – every week
- Written workbook to be filled in on a weekly basis, completed by end of semester

Student's activities will include:

- Food Preparation
- Classroom Activities
- Assessment Tasks

Course Vocabulary:

- Staple foods, Multiculturalism, vegetarianism, Baklava,

Specific Equipment required for each lesson:

- Pens/Pencils
- Container for Food
- Aprons will be supplied

Duties:

As well as keeping their own work areas clean and tidy students are expected to help with the general upkeep of the room. To facilitate this they will have tasks allocated weekly and at the end of each term will be involved in major cleaning tasks. Students unwilling to participate in the activities and responsibilities of the Home Ec room in an appropriate manner may lose food preparation privileges.

Course Timeline:

Wk	Practical	Theory	Assessment
TERM 1			
1	Healthy eating poster	Introduction to unit	
2	Fortune Cookies	China worksheet	
3	Spanish Omelette	Spain Worksheet	
4	Beef with Asian Green Stir fry	Asia worksheet	
5	Sushi	Japan worksheet	
6	Baklava	Turkish worksheet	
7	Chain Mai Noodles	Thal Food worksheet	
8	Crepe Suzette	French worksheet	
9	Moroccan Spiced Lamb with Chickpeas	Moroccan worksheet	
10	Easter Cooking	Easter worksheet	Written test
TERM 2			
1	ANZAC Biscuits and Slice	ANZAC Worksheet	
2	Assignment Preparation Time	Food Order assignment	Food Order Due
3	Sicilian Creams	Italy worksheet	
4	Pasta Making	Italy worksheet	
5	Black Forrest Cake	Russian worksheet	
6	Kofta Curry	Indian worksheet	
7	Churros	Mexican worksheet	
8	Chicken Wellington	English worksheet	Completed Workbook Due
9	Cooking your own International dish	Self-Assessment	Practical Test
10	Room clean up	Workbook catch up time	

- Assessment Outline -

Course Assessment:

Week	Assessment type	Weighting	Mark Achieved	Grade
Term 1 Wk 10	Written Test	20%		
Term 2 Wk 9	Assignment-Own Recipe	20%		
Ongoing	Displaying Correct Hygiene and Safety Practices	20%		
Ongoing	Practical Cooking Skills	20%		
Ongoing	Attitude/Behaviour	10%		
Term2 Wk8	Finished Workbook	10%		

