

YEAR 7 Home Economics – Introduction to Cooking

- Unit Outline -



Course Description:

This unit aims to introduce students to the workings of a kitchen. Students will learn correct food handling techniques, good hygiene practices and effective safety procedures and how to apply these new skills in their own home kitchens.

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

Course Outcomes:

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

- Know the correct hygiene and safety practices involved in preparing food
- Know how to use a variety of kitchen tools and utensils
- Understand and apply various forms of measuring

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:

Protein, nutrients, contamination, hygiene, vitamins, minerals

Specific Equipment required for each lesson:

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

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 | Activity | Assessment |
|--------|--------------------------------------|------------------------|
| TERM 1 | | |
| 1 | term 1 recipes to be finalised | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | Written Test |
| 8 | | |
| 9 | | |
| 10 | Easter Chocolates – Easter Worksheet | |
| TERM 2 | | |
| 1 | ANZAC Biscuits – ANZAC Worksheet | |
| 2 | term 2 recipes to be finalised | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |
| 8 | | |
| 9 | | Completed Workbook Due |
| 10 | End of Term Clean-up | |

- Assessment Outline -

Course Assessment:

| Week | Assessment type | Weighting | Mark Achieved | Grade |
|----------------|---|-----------|---------------|-------|
| Term 1 Wk 7 | Written Test | 20% | | |
| Term 2 Wk 6 | Assignment | 20% | | |
| Ongoing | Displaying Correct Hygiene and Safety Practices | 10% | | |
| Ongoing | Practical Cooking Skills | 20% | | |
| Ongoing | Attitude/Behaviour | 10% | | |
| Term2 Wk8 | Finished Workbook | 20% | | |

