

# YEAR 8 Home Economics –Food and Nutrition

## - Unit Outline -



### Course Description:

This unit focuses on the importance of nutrition in the daily diet of teenagers, and the impact that it has on the body. Students will learn how to read food labels and packaging and have a basic understand of the Nutrition Labels on Australian produced foods. Throughout the course students will address needs of the individual and developing strategies to enhance the nutritional value of the food they produce and consume.

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:

- Identify the nutritional needs of teenagers.
- Understand and link the role of nutrients in foods to our body functions.
- Identify components of food according to their health value.
- Use given materials to produce nutritious and aesthetically appealing dishes.
- Make adaptations to recipes to enhance their food value.
- Make adaptations to recipes to change the quantity being produced.

### 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:

Nutritional, Healthy eating, discretionary foods, carbohydrates, sugar, fructose, sucrose, sodium,

### 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	Activity	Assessment
TERM 1		
1	Scone making	
2	Fruit Cups with Yoghurt and Toasted Muesli	
3	Stuffed Spuds	
4	Lemon Meringue Pie	
5	Sausage Rolls	
6	Apple Crumble	
7	Spinach and Ricotta Cannelloni	
8	Sultana Biscuits	Completed Workbook Due
9	Tuna Mornay	Written Test
10	Easter Cooking	
TERM 2		
1	ANZAC Biscuits –	ANZAC Worksheet
2	Vegie Pikelets	
3	Fluffy Omelette	
4	Meatball Sub	
5	Mini Pavlova	
6	Spaghetti Bolognese	
7	Hoi Sin Chicken	
8	Chick Pea Hot Pot	
9	Apple Tare Tartin	Practical Test
10	General room clean up	Completed Workbook Due

## - Assessment Outline -

**Course Assessment:**

Week	Assessment type	Weighting	Mark Achieved	Grade
Term 1 Wk 9	Written Test - Cooking	10%		
Term 2 Wk 9	Practical Test	10%		
Ongoing	Displaying Correct Hygiene and Safety Practices	20%		
Ongoing	Practical Cooking Skills	20%		
Ongoing	Attitude/Behaviour	20%		
Term 2 Wk10	Finished Cooking Workbook	20%		

