

# YEAR 10 Home Economics –

- Unit Outline -



## Course Description:

Students will learn how to make all of the basic sauces and pastries reminiscent of their grandparents cooking time. Rather than buying pre-packaged sauces and pastries, student will learn how to make them from scratch.

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 is subject to change depending on fresh produce availability.

## Course Outcomes:

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

- Make a white sauce, gravy and jus
- Understand the importance of good nutrition
- Be exposed to a different approaches and variation to traditional dishes

## Course Organisation:

The organisation of the unit will be:

- Practical Cooking time – almost 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:

- Roux, choux, puff pastry, shortcrust pastry, filo pasty, gravy, jus, béchamel
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## 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 Economics room in an appropriate manner may lose food preparation privileges.

**Course Timeline:**

Wk	Activity	Assessment
TERM 3		
1	Tuna Mornay	Workbook & Recipe Evaluation
2	Apple Jalousie	Workbook & Recipe Evaluation
3	Creamy Pumpkin Soup	Workbook & Recipe Evaluation
4	Wholemeal Vegetable Pasties	Workbook & Recipe Evaluation
5	Shepherd's Pie	Workbook & Recipe Evaluation
6	Chocolate Éclairs	Workbook & Recipe Evaluation
7	Sausage Rolls	Workbook & Recipe Evaluation
8	Cinnamon Pinwheels	Written Test
9	Mrs Martinovich's Grandma's Onion Tart	
10	COUNTRYWEEK	

## - Assessment Outline -

**Course Assessment:**

Week	Assessment type	Weighting	Mark Achieved	Grade
Term 3 week 8	Written Test	25%		
Ongoing	Displaying Correct Hygiene and Safety Practices	25%		
Ongoing	Practical Cooking Skills	25%		
Ongoing	Attitude/Behaviour	25%		