

YEAR 8 Home Economics –Cakes & Baking

- Unit Outline -



Course Description:

After a long term of sewing, this unit will focus the year 8s back on the practical operations within the cooking side kitchen. They will get back to basics preparing simple, nutritious food and utilising all of the equipment in the room.

In fourth term the students will look at all of the different methods for making cakes, culminating in an iced Christmas cake.

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 students should be able to:

- Identify and use each piece of equipment in the Home Economics room.
- Understand the importance of Health and Safety in a working kitchen environment
- Experience preparing simple and nutritious family oriented meals
- Use given materials to produce nutritious and aesthetically appealing dishes.

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:

Blender, Mix-Master, Food Processor, electric frying pan, cake tin, wok

Specific Equipment required for each lesson:

- Pens/Pencils
- Container for Food
- Aprons will be supplies
- Students with long hair are requested to tie their hair up

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 4 1	Rubbing-in Method - Fruit Scones	
2	Melt 'N' Mix – Chocolate Fudge Bars	
3	Creaming Method – Cup Cakes	
4	Wet "N" Dry Method - Muffins	
5	Beating Method – Orange Ring Cake	
6	Theory & Practical Test	Written Test
7	The hard one- the Perfect Sponge Cake	
8	Boil and Bake Method – Christmas Cake	Workbook due
9	Icing the Christmas Cake	
10	Cleaning	

- Assessment Outline -

Course Assessment:

Week	Assessment type	Weighting	Mark Achieved	Grade
Wk 6	Written Test - Cooking	20%		
Ongoing	Displaying Correct Hygiene and Safety Practices	20%		
Ongoing	Practical Cooking Skills	20%		
Ongoing	Attitude/Behaviour	20%		
Week 8	Finished Cooking Workbook	20%		