

**Varsity College**  
**Year 7 Food Studies - Semester 1, 2023**

Week	Date	Topics	Assessment
1	23-27 January Australia Day PH - Thurs	<b>Theory:</b> Introduction to food Studies – Course overview Safety in the kitchen - Hazard identification and reduction <b>Practical:</b> Orientation to kitchen and procedures, PPE, food hygiene	
2	30 Jan – 3 Feb Swimming Carnival - Mon	<b>Theory:</b> Preventing cross contamination and food storage. Introduction to cooking processes and stove and oven safety <b>Practical:</b> Bliss Balls	
3	6-10 February	<b>Theory:</b> Kitchen equipment uses and using appliances safely Measuring ingredients and making sense of a recipe <b>Practical:</b> Sultana Scones	
4	13-17 February	<b>Theory:</b> Australian Healthy Eating Guidelines, Eat for Health The role fruit plays in our diets. Fruit varieties and their differences <b>Practical:</b> Blueberry Muffins	
5	20-24 February	<b>Theory:</b> Including dairy in breakfast meals. Revision – safety/hygiene <b>Practical:</b> Banana Mango and Honey Lassi / Fruit salad	
6	27 Feb – 3 Mar	<b>Theory:</b> Exam (safety) theory. Introduction and classification of vegetables. Safe work practices preparing vegetables <b>Practical:</b> Zucchini Slice	<b>EXAM</b>
7	6-10 March GIPSA - Wednesday	<b>Theory:</b> The importance of breakfast. <b>Practical:</b> French Toast	
8	13-17 March NAPLAN 15-17 March	<b>Theory:</b> Evaluating the health benefits of different breakfast options Assessment feedback <b>Practical:</b> Savoury Egg Roll	
9	20-24 March NAPLAN 20-24 March	<b>Theory:</b> The importance of protein. Researching Exotic Fruits <b>Practical:</b> Cream Cheese and Spinach Omelette	
10	27-31 March Cross Country - Thurs	<b>Theory:</b> Sustainability – Food miles and seasonality. Australian Indigenous Vegetables. Vegetable Research Task <b>Practical:</b> Kitchen Stocktake & Cleaning	
<b>School Holidays: Saturday April 1 – Sunday April 16</b>			
1	17-21 April	<b>Theory:</b> Unpacking of assessment. Grains for good health. What are grains and cereals? The role fibre plays in the diet. <b>Practical:</b> Coconut, Quinoa and Sunflower Seed Slice	
2	24-28 April ANZAC Day PH - Tues	<b>Theory:</b> Rice vs Grains. What is gluten? Rice Varieties, health benefits <b>Practical:</b> Ham and Cheese Macaroni	
3	1-5 May Labour Day PH - Monday GIPSA - Wednesday	<b>Theory:</b> Designing a recipe and writing a production plan <b>Practical:</b> Chicken Tikka Wrap	<b>Monitoring Date Q1,2,3</b>
4	8-12 May	<b>Theory:</b> Wheat Production. Properties / varieties of flour. <b>Practical:</b> Beef Macaroni	<b>Project Q1, Q2 &amp; Q3</b>
5	15-19 May GIPSA - Wednesday	<b>Theory:</b> Ancient grains. Analysing food with my senses. <b>Practical:</b> Apple and Cinnamon Pancakes	
6	22-26 May GIPSA - Wednesday	<b>Theory:</b> Assessment work – Evaluation of sensory properties <b>Practical:</b> Assessment task – Omelette design	<b>Project Q4</b>
7	29 May – 2 June	<b>Theory:</b> Assessment due work Q4&5 Bread a staple of the diet – Examining Yeast <b>Practical:</b> The science of baking – Pizza	<b>Project Q5 Final</b>
8	5-9 June GIPSA - Wednesday	<b>Theory:</b> Breads around the world - taste, texture and appearance <b>Practical:</b> Exploration of Bread – Flat Bread with Hummus	
9	12-16 June	<b>Theory:</b> Evaluating recipes and making improvements <b>Practical:</b> Chocolate Chip Cookies	
10	19-23 June	<b>Camp Week</b>	
<b>School Holidays: Saturday June 24 – Sunday July 9</b>			