

### Varsity College Year 7 – Food Studies - Term 3, 2023

Week	Date	Topics	Assessment
1	10-14 July Athletics Carnival - Wed	<ul style="list-style-type: none"> <li><b>Theory:</b> Introduction to food Studies – Course overview</li> <li>Safety in the kitchen - Hazard identification and reduction</li> <li><b>Practical:</b> Orientation to kitchen and procedures, PPE, food hygiene</li> </ul>	
2	17-21 July	<ul style="list-style-type: none"> <li><b>Theory:</b> Preventing cross contamination and food storage. Introduction to cooking processes and stove and oven safety</li> <li><b>Practical:</b> Bliss Balls</li> </ul>	
3	24-28 July	<ul style="list-style-type: none"> <li><b>Theory:</b> Kitchen equipment uses and using appliances safely</li> <li>Measuring ingredients and making sense of a recipe</li> <li><b>Practical:</b> Sultana Scones</li> </ul>	
4	31 July – 4 August	<ul style="list-style-type: none"> <li><b>Theory:</b> Australian Healthy Eating Guidelines, Eat for Health</li> <li>The role fruit plays in our diets. Fruit varieties and their differences</li> <li><b>Practical:</b> Blueberry Muffins</li> </ul>	
5	7-11 August	<ul style="list-style-type: none"> <li><b>Theory:</b> Including dairy in breakfast meals. Revision – safety/hygiene</li> <li><b>Practical:</b> Banana Mango and Honey Lassi / Fruit salad</li> </ul>	
6	14-18 August	<ul style="list-style-type: none"> <li><b>Theory:</b> Exam (safety) theory. Introduction and classification of vegetables. Safe work practices preparing vegetables</li> <li><b>Practical:</b> Zucchini Slice</li> </ul>	<b>EXAM</b>
7	21-25 August	<ul style="list-style-type: none"> <li><b>Theory:</b> The importance of breakfast</li> <li><b>Practical:</b> French Toast</li> </ul>	
8	28 August – 1 Sept. GC Show PH - Fri	<ul style="list-style-type: none"> <li><b>Theory:</b> Evaluating the health benefits of different breakfast options</li> <li>Assessment feedback</li> <li><b>Practical:</b> Savoury Egg Roll</li> </ul>	
9	4-8 September	<ul style="list-style-type: none"> <li><b>Theory:</b> The importance of protein. Researching Exotic Fruits</li> <li><b>Practical:</b> Cream Cheese and Spinach Omelette</li> </ul>	
10	11-15 September	<ul style="list-style-type: none"> <li><b>Theory:</b> Sustainability – Food miles and seasonality.</li> <li><b>Practical:</b> Kitchen Stocktake &amp; Cleaning</li> </ul>	
<b>School Holidays: Saturday September 16 – Monday October 2</b>			

### Term 4, 2023

Week	Date	Topics	Assessment
1	2-6 October King's Birthday PH - Mon	<ul style="list-style-type: none"> <li><b>Theory:</b> Australian Indigenous Vegetables. Vegetable Research Task</li> <li><b>Practical:</b> Kitchen Stocktake &amp; Cleaning</li> </ul>	
2	9-13 October	<ul style="list-style-type: none"> <li><b>Theory:</b> Rice vs Grains. What is gluten? Rice Varieties, health benefits</li> <li><b>Practical:</b> Ham and Cheese Macaroni</li> </ul>	
3	16-20 October	<ul style="list-style-type: none"> <li><b>Theory:</b> Designing a recipe and writing a production plan</li> <li><b>Practical:</b> Chicken Tikka Wrap</li> </ul>	<b>Monitoring Date Q1,2,3</b>
4	23-27 October	<ul style="list-style-type: none"> <li><b>Theory:</b> Wheat Production. Properties / varieties of flour</li> <li><b>Practical:</b> Beef Macaroni</li> </ul>	<b>Project Q1, Q2 &amp; Q3</b>
5	30 Oct – 3 Nov	<ul style="list-style-type: none"> <li><b>Theory:</b> Ancient grains. Analysing food with my senses</li> <li><b>Practical:</b> Assessment task – Omelette design</li> </ul>	<b>Project Q4</b>
6	6-10 November	<ul style="list-style-type: none"> <li><b>Theory:</b> Assessment work – Assessment due work Q4&amp;5</li> <li><b>Practical:</b> Apple and Cinnamon Pancakes</li> </ul>	<b>Project Q5 Final</b>
7	13-17 November	<ul style="list-style-type: none"> <li><b>Theory:</b> Bread a staple of the diet – Examining Yeast</li> <li><b>Practical:</b> The science of baking – Pizza</li> </ul>	
8	20-24 November	<ul style="list-style-type: none"> <li><b>Theory:</b> Breads around the world - taste, texture and appearance</li> <li><b>Practical:</b> Chocolate Chip Cookies</li> </ul>	
9	27 Nov – 1 Dec	<ul style="list-style-type: none"> <li><b>Theory:</b> Evaluating recipes and making improvements</li> <li><b>Practical:</b> Kitchen Stocktake &amp; Cleaning</li> </ul>	
10	4-8 December	<b>Final Week Alternate Program</b>	
<b>School Holidays: Saturday December 9 – Sunday January 21, 2024</b>			