

Varsity College Year 7 Food Studies – Semester 1, 2024

Week	Date	Topics	Assessment
1	22-26 January O-Week Australia Day PH Fri	Theory: Introduction to food Studies – Course overview Safety in the kitchen - Hazard identification and reduction Practical: Orientation to kitchen and procedures, PPE, hygiene	
2	29 Jan-2 Feb	Theory: Preventing cross contamination and food storage. Introduction to cooking processes and stove and oven safety Practical: Bliss Balls	
3	5-9 February Swimming Carnival - Thurs	Theory: Kitchen equipment uses and using appliances safely. Measuring ingredients and making sense of a recipe Practical: Sultana Scones	
4	12-16 February	Theory: Australian Healthy Eating Guidelines, Eat for Health The role fruit plays in our diets. Fruit classifications Practical: Blueberry Muffins	
5	19-23 February	Theory: Including dairy in breakfast meals. Revision – safety/hygiene Practical: Banana Mango and Honey Lassi / Fruit salad	
6	26 Feb-1 Mar GC24 - Wednesday	Theory: Exam (safety) theory. Introduction and classification of vegetables. Safe work practices preparing vegetables Practical: Zucchini Slice	Exam Lesson 3
7	4-8 March	Theory: The importance of breakfast. Practical: French Toast	
8	11-15 March NAPLAN	Theory: Evaluating the health benefits of breakfast options Practical: Savoury Egg Roll	
9	18-22 March NAPLAN GC24 - Thursday	Theory: The importance of protein. Researching Exotic Fruits Practical: Cream Cheese and Spinach Omelette	
10	25-29 March Y7 Team Day - Wed, Thurs Good Friday PH	Theory: Sustainability – Food miles and seasonality. Australian Indigenous Vegetables. Vegetable Research Task Practical: Kitchen Stocktake & Cleaning	
School holidays: Friday March 29 - Sunday April 14			
1	15-19 April Cross Country - Wed	Theory: Unpacking of assessment. Grains for good health. What are grains and cereals? The role fibre plays in the diet. Practical: Coconut, Quinoa and Sunflower Seed Slice	
2	22-26 April GC24 - Tuesday Anzac Day PH - Thurs	Theory: Rice vs Grains. Health benefits. What is gluten? Practical: Ham and Cheese Macaroni	
3	29 Apr-3 May	Theory: Designing a recipe and writing a production plan Practical: Chicken Tikka Wrap	Monitoring Date Q1,2,3
4	6-10 May Labour Day PH - Mon	Theory: Wheat Production. Properties / varieties of flour. Practical: Apple and Cinnamon Pancakes	Project Q1, Q2 & Q3
5	13-17 May	Theory: Ancient grains. Analysing food with my senses. Practical: Beef Macaroni	
6	20-24 May	Theory: Assessment work – Evaluation of sensory properties Practical: Assessment task – Omelette design	Project Q4
7	27-31 May	Theory: Assessment due work Q4&5 Bread a staple of the diet – Examining Yeast Practical: The science of baking – Pizza	Project Q5 Final
8	3-7 June	Theory: Breads around the world - taste, texture and appearance Practical: Exploration of Bread – Flat Bread with Hummus	
9	10-14 June GC24 - Wednesday	Theory: Evaluating recipes and making improvements Practical: Chocolate Chip Cookies	
10	17-21 June Athletics Carnival - Thurs	Theory: Reflection Practical: Kitchen Stocktake & Cleaning	
School holidays: Saturday June 22 - Sunday July 7			