

Varsity College Year 7 Food Studies – Semester 2, 2024

Week	Date	Topics	Assessment
1	8-12 July Athletics Carnival - Wed	<ul style="list-style-type: none"> Theory: Introduction to food Studies – Course overview Safety in the kitchen - Hazard identification and reduction Practical: Orientation kitchen procedures, PPE, hygiene 	
2	15-19 July	<ul style="list-style-type: none"> Theory: Preventing cross contamination food storage. Intro to cooking processes and stove and oven safety Practical: Bliss Balls 	OnGuard Training
3	22-26 July GC24 - Thursday	<ul style="list-style-type: none"> Theory: Kitchen equipment uses and using appliances Practical: Sultana Scones 	
4	29 Jul- 2 Aug	<ul style="list-style-type: none"> Theory: Australian Healthy Eating Guidelines Practical: Blueberry Muffins 	
5	5-9 August	<ul style="list-style-type: none"> Theory: Including dairy in breakfast meals. Exam Revision Practical: Banana Mango and Honey Lassi / Fruit salad 	
6	12-16 August GC24 Finals – Wed.	<ul style="list-style-type: none"> Theory: Introduction vegetables. Exam Revision Practical: Zucchini Slice 	
7	19-23 August	<ul style="list-style-type: none"> Theory: The importance of breakfast Practical: French Toast 	Exam Lesson 3
8	26-30 August	<ul style="list-style-type: none"> Theory: Evaluating the health benefits of breakfast options Practical: Savoury Egg Roll 	
9	2-6 September	<ul style="list-style-type: none"> Theory: The importance of protein. Exotic Fruits Practical: Cream Cheese and Spinach Omelette 	
10	9-13 September	<ul style="list-style-type: none"> Theory: Sustainability – Food miles and seasonality. Practical: Kitchen Stocktake & Cleaning 	
School holidays: Saturday September 14 – Sunday September 29			
1	30 Sept – 4 Oct	<ul style="list-style-type: none"> Theory: Unpacking of assessment. What are grains? Practical: Coconut, Quinoa and Sunflower Seed Slice 	
2	7-11 October King's B'day PH - Monday	<ul style="list-style-type: none"> Theory: Rice vs Grains. Health benefits. What is gluten? Practical: Ham and Cheese Macaroni 	
3	14-18 October	<ul style="list-style-type: none"> Theory: Designing a recipe and writing a production plan Practical: Chicken Tikka Wrap 	
4	21 - 25 October	<ul style="list-style-type: none"> Theory: Wheat Production. Properties / varieties of flour. Practical: Apple and Cinnamon Pancakes 	Monitoring Date Q1,2,3
5	28 Oct – 1 Nov	<ul style="list-style-type: none"> Theory: Ancient grains. Analysing food with my senses. Practical: Beef Macaroni 	Project Q1, Q2 & Q3
6	4-8 November	<ul style="list-style-type: none"> Theory: Evaluation of sensory properties Practical: Assessment task – Omelette design 	Project Q4
7	11-15 November	<ul style="list-style-type: none"> Theory: Assessment due work Q4&5 Bread a staple food Practical: The science of baking – Pizza 	Project Q5 Final Lesson 3
8	18-22 November	<ul style="list-style-type: none"> Theory: Breads around the world Practical: Exploration of Bread – Flat Bread with Hummus 	
9	25-29 November	<ul style="list-style-type: none"> Theory: Evaluating recipes and making improvements Practical: Chocolate Chip Cookies and Kitchen Cleaning 	
10	2-6 December	Alternative Program	
11	9-13 December	Supervision only week	
School holidays: Saturday December 14 – Tuesday January 28			