

Varsity College
Year 8 Food Studies - Semester 1, 2023

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