

Varsity College
Year 8 – Food Studies - Term 3, 2023

Week	Date	Topics	Assessment
1	10-14 July Athletics Carnival - Wed	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	17-21 July	Theory: Preventing cross contamination and food storage. Introduction to cooking processes and stove and oven safety Practical: Bliss Balls	
3	24-28 July	Theory: Kitchen equipment uses and using appliances safely Measuring ingredients and making sense of a recipe Practical: Sultana Scones	
4	31 July – 4 August	Theory: Australian Healthy Eating Guidelines, Eat for Health The role fruit plays in our diets. Fruit varieties and their differences Practical: Blueberry Muffins	
5	7-11 August	Theory: Including dairy in breakfast meals. Revision – safety/hygiene Practical: Banana Mango and Honey Lassi / Fruit salad	
6	14-18 August	Theory: Exam (safety) theory. Introduction and classification of vegetables. Safe work practices preparing vegetables Practical: Zucchini Slice	EXAM
7	21-25 August	Theory: The importance of breakfast Practical: French Toast	
8	28 August – 1 Sept. GC Show PH - Fri	Theory: Evaluating the health benefits of different breakfast options Assessment feedback Practical: Savoury Egg Roll	
9	4-8 September	Theory: The importance of protein. Researching Exotic Fruits Practical: Cream Cheese and Spinach Omelette	
10	11-15 September	Theory: Sustainability – Food miles and seasonality. Practical: Kitchen Stocktake & Cleaning	
School Holidays: Saturday September 16 – Monday October 2			

Term 4, 2023

Week	Date	Topics	Assessment
1	2-6 October King's Birthday PH - Mon	Theory: Australian Indigenous Vegetables. Vegetable Research Task Practical: Kitchen Stocktake & Cleaning	
2	9-13 October	Theory: Rice vs Grains. What is gluten? Rice Varieties, health benefits Practical: Ham and Cheese Macaroni	
3	16-20 October	Theory: Designing a recipe and writing a production plan Practical: Chicken Tikka Wrap	Monitoring Date Q1,2,3
4	23-27 October	Theory: Wheat Production. Properties / varieties of flour Practical: Beef Macaroni	Project Q1, Q2 & Q3
5	30 Oct – 3 Nov	Theory: Ancient grains. Analysing food with my senses Practical: Assessment task – Omelette design	Project Q4
6	6-10 November	Theory: Assessment work – Assessment due work Q4&5 Practical: Apple and Cinnamon Pancakes	Project Q5 Final
7	13-17 November	Theory: Bread a staple of the diet – Examining Yeast Practical: The science of baking – Pizza	
8	20-24 November	Theory: Breads around the world - taste, texture and appearance Practical: Chocolate Chip Cookies	
9	27 Nov – 1 Dec	Theory: Evaluating recipes and making improvements Practical: Kitchen Stocktake & Cleaning	
10	4-8 December	Alternate Program	
School Holidays: Saturday December 9 – Sunday January 21, 2024			