

## Varsity College Year 8 Food Studies – Semester 2, 2024

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