

**Varsity College**  
**Year 7 Food Studies 2025**  
**Term 1**

| Week   | Date   | Topics   | Assessment              |
|--|--|--|-------------------------|
| 1  | 27-31 January<br>O-Week<br>Australia Day: Monday | <ul style="list-style-type: none"> <li><b>Theory:</b> Kitchen Safety - Hazards identification reduction</li> </ul>   |                         |
| 2  | 3-7 February                                     | <ul style="list-style-type: none"> <li><b>Theory:</b> Cooking processes and stove and oven safety</li> <li><b>Practical:</b> Bliss Balls</li> </ul>                                      | <b>OnGuard Training</b> |
| 3  | 10-14 February<br>Swimming Carnival:<br>Tuesday  | <ul style="list-style-type: none"> <li><b>Theory:</b> Kitchen equipment uses and using appliances</li> <li><b>Practical:</b> Sultana Scones (Rubbing in Method)</li> </ul>               |                         |
| 4  | 17-21 February                                   | <ul style="list-style-type: none"> <li><b>Theory:</b> Australian Healthy Eating Guidelines</li> <li><b>Practical:</b> Chocolate Chip Cookies (Creaming Method)</li> </ul>                |                         |
| 5  | 24-28 February                                   | <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  | 3-7 March<br>GC25: Wednesday                     | <ul style="list-style-type: none"> <li><b>Theory:</b> Introduction vegetables. Exam Revision</li> <li><b>Practical:</b> Zucchini Slice</li> </ul>  |                         |
| 7  | 10-14 March<br>NAPLAN                            | <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  | 17-21 March                                      | <ul style="list-style-type: none"> <li><b>Theory:</b> Evaluating the health benefits of breakfast options</li> <li><b>Practical:</b> Cheese Melting</li> </ul>                           |                         |
| 9  | 24-28 March                                      | <ul style="list-style-type: none"> <li><b>Theory:</b> The importance of protein. Exotic Fruits</li> <li><b>Practical:</b> Cheese and Spinach Omelette</li> </ul>                         |                         |
| 10   | 31 March - 4 April                               | <ul style="list-style-type: none"> <li><b>Theory:</b> Sustainability – Food miles and seasonality</li> </ul>   |                         |
| <b>School holidays: Friday April 4 - Sunday April 19</b> |  |  |                         |

**Term 2**

| Week | Date  | Topics   | Assessment                       |
|------|---|--|----------------------------------|
| 1    | 21-25 April<br>Easter Monday<br>ANZAC Day: Friday | <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    | 28 April-2 May                                    | <ul style="list-style-type: none"> <li><b>Theory:</b> Rice vs Grains. Health benefits. What is gluten?</li> <li><b>Practical:</b> Fried Rice</li> </ul>                        |                                  |
| 3    | 5-9 May<br>Labour Day: Monday                     | <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    | 12-16 May   | <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>     | <b>Monitoring Date Q1,2,3</b>    |
| 5    | 19-23 May   | <ul style="list-style-type: none"> <li><b>Theory:</b> Ancient grains. Analysing food with my senses.</li> <li><b>Practical:</b> Ham and Cheese Macaroni</li> </ul>             | <b>Project Q1, Q2 &amp; Q3</b>   |
| 6    | 26-30 May   | <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>                 | <b>Project Q4</b>                |
| 7    | 2-6 June<br>GC25: Wednesday                       | <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> Beef Penne</li> </ul>                        | <b>Project Q5 Final Lesson 3</b> |
| 8    | 9-13 June<br>GC25: Wednesday                      | <ul style="list-style-type: none"> <li><b>Theory:</b> Breads around the world</li> <li><b>Practical:</b> The science of baking – Pizza</li> </ul>                              |                                  |
| 9    | 16-20 June  | <ul style="list-style-type: none"> <li><b>Theory:</b> Evaluating recipes and making improvements</li> <li><b>Practical:</b> Blueberry Muffins</li> </ul>                       |                                  |
| 10   | 23-27 June  | <ul style="list-style-type: none"> <li><b>Theory:</b> Evaluating recipes and making improvements</li> </ul>  |                                  |

**School holidays: Saturday June 28 - Sunday July 13**