

Varsity College
Year 8 Food Studies 2025
Term 1

Week	Date	Topics	Assessment
1	27-31 January O-Week Australia Day: Monday	<ul style="list-style-type: none"> Theory: Kitchen Safety - Hazards identification reduction 	
2	3-7 February	<ul style="list-style-type: none"> Theory: Cooking processes and stove and oven safety Practical: Bliss Balls 	OnGuard Training
3	10-14 February Swimming Carnival: Tuesday	<ul style="list-style-type: none"> Theory: Kitchen equipment uses and using appliances Practical: Sultana Scones (Rubbing in Method) 	
4	17-21 February	<ul style="list-style-type: none"> Theory: Australian Healthy Eating Guidelines Practical: Chocolate Chip Cookies (Creaming Method) 	
5	24-28 February	<ul style="list-style-type: none"> Theory: Including dairy in breakfast meals. Exam Revision Practical: Banana Mango and Honey Lassi / Fruit salad 	
6	3-7 March GC25: Wednesday	<ul style="list-style-type: none"> Theory: Introduction vegetables. Exam Revision Practical: Zucchini Slice 	
7	10-14 March NAPLAN	<ul style="list-style-type: none"> Theory: The importance of breakfast Practical: French Toast 	Exam Lesson 3
8	17-21 March	<ul style="list-style-type: none"> Theory: Evaluating the health benefits of breakfast options Practical: Cheese Melting 	
9	24-28 March	<ul style="list-style-type: none"> Theory: The importance of protein. Exotic Fruits Practical: Cheese and Spinach Omelette 	
10	31 March - 4 April	<ul style="list-style-type: none"> Theory: Sustainability – Food miles and seasonality 	
School holidays: Friday April 4 - Sunday April 19			

Term 2

Week	Date	Topics	Assessment
1	21-25 April Easter Monday ANZAC Day: Friday	<ul style="list-style-type: none"> Theory: Unpacking of assessment. What are grains? Practical: Coconut, Quinoa and Sunflower Seed Slice 	
2	28 April-2 May	<ul style="list-style-type: none"> Theory: Rice vs Grains. Health benefits. What is gluten? Practical: Fried Rice 	
3	5-9 May Labour Day: Monday	<ul style="list-style-type: none"> Theory: Designing a recipe and writing a production plan Practical: Chicken Tikka Wrap 	
4	12-16 May	<ul style="list-style-type: none"> Theory: Wheat Production. Properties / varieties of flour. Practical: Apple and Cinnamon Pancakes 	Monitoring Date Q1,2,3
5	19-23 May	<ul style="list-style-type: none"> Theory: Ancient grains. Analysing food with my senses. Practical: Ham and Cheese Macaroni 	Project Q1, Q2 & Q3
6	26-30 May	<ul style="list-style-type: none"> Theory: Evaluation of sensory properties Practical: Assessment task – Omelette design 	Project Q4
7	2-6 June GC25: Wednesday	<ul style="list-style-type: none"> Theory: Assessment due work Q4&5 Bread a staple food Practical: Beef Penne 	Project Q5 Final Lesson 3
8	9-13 June GC25: Wednesday	<ul style="list-style-type: none"> Theory: Breads around the world Practical: The science of baking – Pizza 	
9	16-20 June	<ul style="list-style-type: none"> Theory: Evaluating recipes and making improvements Practical: Blueberry Muffins 	
10	23-27 June	<ul style="list-style-type: none"> Theory: Evaluating recipes and making improvements 	

School holidays: Saturday June 28 - Sunday July 13