



CANBERRA HIGH SCHOOL - Food Technology Learning overview for Term 1

Subject: 7 Food Technology

This subject is directed at students entering their first year at high school. It provides the opportunity for students to combine ingredients in a practical manner to produce a food product. Food preparation methods, nutrition, technical skills and kitchen management techniques will also be part of this unit. Work and communication will occur in class and within your child's Google Classroom page.

Week	Topic	Content/Activity/Tasks
1	Safety in the kitchen	Rules in the kitchen - Workbook (page 4) Safety in the kitchen - Workbook (page 10) Equipment - Workbook (page 14)
2	Washing up procedure How to follow a recipe Recipe: Scones	Washing Up procedure (page 13) (assessed) Recipe development (page 15) (assessed)
3	Time management Recipe: French toast and berry shake	Time management worksheet (page 16) (assessed)
4	Reflecting on cooking Time management cont. Recipe: Yoghurt Granola cups	Time management worksheet (page 16) (assessed)



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5	Healthy eating food groups Recipe: Scrambled egg toast cups Why is a healthy breakfast important	The eat well plate worksheet The eatwell plate dietary analysis Assignment given out this week. Time is provided in class to begin work on this task.
6	Healthy breakfast Recipe: Pancakes	Time is provided in class to work on assignment
7	Healthy breakfast Recipe: Fried Rice	Time is provided in class to work on assignment
8	Healthy breakfast Recipe: Pizza pinwheels	Time is provided in class to work on assignment
9	How does your diet shape up/ Why do we need food Recipe: Butterscotch rolls	Functions of food activity The eat well plate dietary analysis activity Assignment due this week