



CANBERRA HIGH SCHOOL - Technology Learning overview for Term 3

Subject: Year 8 Food Technology

During Term 3, students will learn to develop their food preparation skills. Year 8 food Technology focuses on the importance of healthy eating and nutrition. Students explore the nutritional value of foods and learn how to make changes to recipes to enhance the health benefits. Work and communication will occur in class and within your child's Google Classroom page.

Week	Topic	Content/Activity/Tasks
1- July 20	Safety and Hygiene	Safety in the domestic kitchen Unit Outline The basics of measuring
2- July 27	Food and Me - Module 1 Food and Health	What is health? Macronutrients Micronutrients Prac 1 - Jam Drops
3- August 3	Food and Me - Module 1 Food and Health	Five Food Groups Carbohydrates and Grains Prac 2 - Spanish Rice
4- August 10	Food and Me - Module 1 Food and Health	Nutrition IQ Prac 3 - Choc Muesli Slice
5- August 17	Design Portfolio	What is the design cycle Healthy muffin design portfolio Prac 4 - Homemade Doner Kebabs
6- August 24	Design Portfolio	Healthy muffin design portfolio Prac 5 - Chocolate muffins
7- August 31	Design Portfolio	Healthy muffin design portfolio Prac 6 - Hamburgers



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8- September 7	Food and Me - Module 2 Food and Energy	What is energy? What is a kilojoule Prac 7 - Brownies
9- September 14	Food and Me - Module 2 Food and Energy	Energy requirements Individual energy requirements Prac 8 - Pita bread pizza
10- September 21	Food and Me - Module 2 Food and Energy	Meal plan Daily Serves Prac 9 - Anzac biscuits