



CANBERRA HIGH SCHOOL - Technology Learning overview for Term 1

Subject: Year 8 Food Technology

During Term 1, 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	Safety and Hygiene	Safety in the domestic kitchen Unit Outline The basics of measuring
2	Food and Me - Module 1 Food and Health	What is health? Macronutrients Micronutrients Prac 1 - Choc Muesli Slice
3	Food and Me - Module 1 Food and Health	Five Food Groups Carbohydrates and Grains Prac 2 - Quiche Lorraine
4	Food and Me - Module 1 Food and Health	Nutrition IQ What is the design cycle? Prac 3 - Basil Pesto Chicken Pasta
5	Design Portfolio	What is the design cycle? Healthy Muffin Design portfolio Prac 4 -Spanish Rice
6	Design Portfolio	Healthy Muffin Design portfolio Prac 5 - Chocolate muffins
7	Design Portfolio	Healthy Muffin Design portfolio Prac 6 - Homemade Doner Kebabs



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8	Food and Me - Module 2 Food and Energy	What is energy? What is a kilojoule Prac 7 - Banana Bread
9	Food and Me - Module 2 Food and Energy	Energy requirements Individual energy requirements Prac 8 - Sweet sour chicken