



CANBERRA HIGH SCHOOL - Technology Learning Overview - Semester 1- 2022

Subject: Year 8 Food Technology

Year 8 Food Technology consists of practical and theoretical activities which allow students to investigate the nutritional value of foods. It highlights the importance of healthy eating. It also aims to develop knowledge on food trends and marketing of food products. During the semester, students will also learn to develop their food preparation and presentation skills. Work and communication will occur in class and within your child's Google Classroom page.

Term 1

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 Chip 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 Pasta
5	Design Portfolio	What is the design cycle? Healthy Muffin Design portfolio Prac 4 - Spanish Rice with Chorizo



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6	Design Portfolio	Healthy Muffin Design portfolio Prac 5 - Chocolate Muffins
7	Design Portfolio	Healthy Muffin Design portfolio Prac 6 - Homemade Doner Kebabs
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 and Sour Stir Fry
10		Prac 9 - Outdoor Cooking

Term 2

Week	Topic	Content/Activity/Tasks
1	Food and Me - Module 3	Label Logic Prac 10: Apple and Sultana Crumble
2	Food and Me - Module 3	Label Logic Prac 11 - Chicken Caesar Salad
3	Sugar	How sugar affects the brain Prac 12 - Hamburgers
4	Sugar	That sugar film Prac 13 - Jam Drops



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5	Design Portfolio	What is the design cycle? Healthy Meal Design portfolio Prac 14 - Chicken Tenders, Salad and Dipping Sauce
6	Design Portfolio	Healthy Meal Design portfolio Prac 15- Brownies
7	Design Portfolio	Healthy Meal Design portfolio Prac 16 - Healthy Homemade Pita Bread Pizza
8	Indigenous Foods	Native Australian Protein Prac 17 - Lemon Myrtle Cheesecake
9	Indigenous Foods	Native Australian Carbohydrate Prac 18 - Wattleseed Choc Chip Cookies
10	Indigenous Foods	Native Australian Nutrition Plants that are local to Canberra Region Prac 19 - BBQ