



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

Subject: Year 8 Food Technology

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 - Jam Drops
3	Food and Me - Module 1 Food and Health	Five Food Groups Carbohydrates and Grains Prac 2 - Spanish Rice
4	Food and Me - Module 1 Food and Health	Nutrition IQ What is the design cycle? Prac 3 - Choc Muesli Slice
5	Design Portfolio	What is the design cycle? Healthy Muffin Design portfolio Prac 4 - Homemade Doner Kebabs
6	Design Portfolio	Healthy Muffin Design portfolio Prac 5 - Chocolate muffins
7	Design Portfolio	Healthy Muffin Design portfolio Prac 6 - Hamburgers



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8	Food and Me - Module 2 Food and Energy	What is energy? What is a kilojoule Prac 7 - Brownies
9	Food and Me - Module 2 Food and Energy	Energy requirements Individual energy requirements Prac 8 - Pita bread pizza



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Week	Topic	Content/Activity/Tasks
1	Food and Me - Module 3	Label Logic Prac 1: Banana Bread
2	Food and Me - Module 3	Label Logic Prac 2 - Sweet and sour chicken stir fry
3	Sugar	How sugar affects the brain Prac 3 - Chicken Caesar salad
4	Sugar	That sugar film Prac 4 - Hamburgers
5	Design Portfolio	What is the design cycle? Healthy Meal Design portfolio Prac 5 - Chicken tenders with dipping sauce
6	Design Portfolio	Healthy Meal Design portfolio Prac 6 - Apple crumble
7	Design Portfolio	Healthy Meal Design portfolio Prac 7 - Healthy pizza
8	Indigenous Foods	Native Australian Protein Prac 8 - Lemon Myrtle Cheesecake
9	Indigenous Foods	Native Australian Carbohydrate Prac 9 - Wattle seed choc chip cookies



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10	Indigenous Foods	Native Australian Nutrition Plants that are local to Canberra Region Prac 10 - BBQ
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