

SUBJECT: Home Economics



Sequence of Topics/ Practicals



Year	Term 1	Term 2	Term 3	Term 4
7	<p>Introduction to the kitchen Measuring Safety and hygiene pikelets vegetable triangles quesadilla Chicken Noodle Stir fry</p>	<p>Food Labelling Nutrition Panel Design A Muffin Prac- incorporates healthy eating pyramid and food labelling. Design a muffin fried rice spaghetti bolognese Anzac biscuits</p>		
8	<p>Eat a wide variety of foods each day. Australian Guide to Healthy Eating Nutrients Tacos Fast & fresh pizza Banana oatmeal hotcakes Creamy chicken pasta Pear & raspberry muffins</p>	<p>Eat a wide variety of foods each day. Healthy Eating Design a hamburger activity Hamburger practical. Meat alternatives: fritata & felafel wrap Pumpkin risotto Beef stir fry Souvlaki</p>		
9/10 (2023)	<p>Food Safety Chicken pilaf Marinated chops Oven baked steak Hamburgers & salsa One-pot Mexican mince Beef olives Creamy Chicken & Pea Carbonara Sticky Chinese Pork Stir Fry Design a stir fry</p>	<p>Food Science: Methods of Mixing and Baked Goods Melt & mix- carrot cake Creaming- butter cake Rubbing in- savoury scones Beating- sponge roll Yeast-pizza & coffee scrolls Pastry- pasties Batter- Turkish Gozleme</p>	<p>International Cookery Indonesia- nasi goreng & kebabs Mexico- chilli con carne Spain- paella & frittata India- curry & chapattis Middle East-pilaf & felfal Greece- spanakopita & souvlaki Italy- gnocchi & risotto Vietnam- Bun Cha & Beef Pho</p>	<p>Eating For Australia's Health Family style pasta Dill meatballs Honey sesame beef Kofta Crispy chicken stack Thai beef salad Mystery plate activity</p>
9/10 (2022)	<p>Food Literacy 7 Food & Nutrition Popcorn activity Rice Paper Rolls Steak fajitas with Salsa Vietnamese Chicken Coleslaw Balsamic Beef Salad Curried lamb & lentil salad Creamy chicken & cauliflower salad</p>	<p>Food Science: Egg Cookery Corn & Vegetable Fritters Sweet Potato & Bacon Frittata with rocket & pear Spaghetti Carbonara Omelette/Pear & Rhubarb Soufflé Chicken Burger/ Home Made Mayonnaise Beef Parmigiana</p>	<p>Food Staples Ham and Mushroom Pasta Gnocchi Indian chicken and cauliflower pilaf Cheesy polenta with sausage ragout Beef Mornay Shepherd's Pie Risotto Lentil & Pumpkin Curry</p>	<p>Healthy Eating & Influences on Food Choice Chicken Schnitzel Burger Fried Chicken, Wedges, Salad Chicken Laksa Meat Skewers & Chargrilled Vegetables Gyros Loaded Fries Asian Dumplings</p>

	Pea & Ham Pasta Salad Design a salad practical activity	Meatballs in Vegetable Paprika Sauce Crispy Chicken/Baked Custard	Stir Fry Lamb with Couscous	Healthy Pizza Design your own healthy street food
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Refer to weekly plan for more details.

Raeanne O'Shea

Jan 2023

SUBJECT: Home Economics



Sequence of Topics Taught



Year	Term 1	Term 2	Term 3	Term 4
7	Introduction to the kitchen Measuring Safety and hygiene pikelets vegetable triangles hamburgers	Food Labelling Nutrition Panel Design A Muffin Prac- incorporates healthy living pyramid and food labelling. muffins fried rice spaghetti bolognese chicken noodle stir fry Anzac biscuits		
8	What is Nutrition? Six nutrients Nutrients and food groups tacos mini quiches vegetable stacks energy muffins fruit platters	How we implement good Nutrition? Eat Most /Moderately/ Least Healthy Snacking healthy avocado pizza designer wraps designer rice		
	Food Safety marinated chops oven baked steak	Food Science: Methods of Mixing and Baked Goods Melt & mix- carrot cake	International Cookery France- quiche & ratatouille	Health: Energy & GI Index French Onion Chicken

9	hamburgers chicken stir fry chicken vegetable pasta beef olives	creaming- butter cake rubbing in- savoury scones beating- sponge roll yeast-pizza & coffee scrolls pastry- pasties & Turkish Gozleme	Indonesia- nasi goreng & kebabs Mexico- chilli con carne Spain- paella & frittata India- curry & chapattis Middle East-pilaf & Greece- spanakopita & souvlaki Italy- gnocchi & risotto China- oriental beef	family style pasta dill meatballs honey sesame beef kofta crispy chicken stack design own quick meal mystery box activity
10	Kitchen Management & Food Safety marinated chops oven baked steak hamburgers chicken stir fry chicken vegetable pasta beef olives design a stir fry	Food Science: Starches Gelatinisation risotto beef & noodle mornay ham & mushroom pasta hot cheese puffs rice dishes pasta dishes soup rice/pasta ready set cook	Health: What is health? Diet related diseases Nutrient needs across the life span -chilli meatloaf -spanish chicken rice -chicken curry -beef Marengo -lamb & couscous -meatball & vegetable sauce	Entertaining: Presenting food decorating & presenting food Table setting Design an imaginary dinner party chocolate cake savouries canapes -ginger bread houses