

# TECHNOLOGY & ENTERPRISE LEARNING AREA

DEPARTMENT: Home Economics

SUBJECT: Healthy Breakfast  
Year 8 - Term 1, 2023

Wk	Lesson 1	Lesson 2
1	<p>FST Course Structure-Introduction How you'll be assessed- outcomes Centre rules, <i>brainstorm and complete worksheet</i> (p2) Self-evaluation after cooking Accidents that could happen/safety rules, Locate fire extinguisher, path for evacuation (p 5,6) <b>Learning Intention:</b> To understand why we follow safety and hygiene rules in a Home Ec room <b>Success Criteria:</b> students will have completed p 5 &amp; 6 of their booklet to a satisfactory standard and can state 4 safety rules</p>	<p>Treasure Hunt (p1) Safety in the Kitchen- Video (17 minutes) <b>Learning Intentions:</b> Students understand where to find relevant equipment in the kitchen.  <b>Success Criteria:</b> Students can state where to find 6 pieces of equipment.</p>
2	<p>Hygiene revision (p4) Measuring revision (p 11) Washing up (p14) <b>Learning Intention:</b> To be able to measure accurately <b>Success Criteria:</b> Students are able to identify what measuring equipment to use for which ingredients.</p>	<p><b>Prac: Fruit kebabs</b> Terms- chop, dice, slice Fruit, healthy Snacks. Cooking terms (<i>if time</i>) (p24) <b>Learning Intention:</b> Students will learn basic cutting skills <b>Success Criteria:</b> Students will have prepared high quality Fruit Kebabs in a hygienic manner</p>
3	<p>What is a balanced diet? Healthy Eating Pyramid Video Complete worksheets on HEP (p16) <b>Learning Intention:</b> Students will learn about the Healthy Eating Pyramid <b>Success Criteria:</b> To identify where food fits into the Healthy Eating Pyramid</p>	<p><b>Tastings</b> Complete worksheet in book using applicable descriptive words (p13) Discuss findings <b>Learning Intention:</b> Students will learn how to identify different sensory aspects of food <b>Success Criteria:</b> Students will have completed the worksheet on P13 and tasted a range of different foods</p>
4	<p>Hand out Breakfast Task Explain marking system Technology process Begin investigation (Q1-4) <b>Computers are needed</b> <b>Learning Intention:</b> Students will understand the importance of eating a healthy breakfast <b>Success Criteria:</b> Students will have completed Qs 1-4 in their task booklet</p>	<p><b>Prac: Scrambled eggs on toast OR Poached eggs on toast</b>  <b>Learning Intention:</b> Students will learn different ways to cook eggs successfully <b>Success Criteria:</b> Students will cook eggs in their chosen method to a good standard.</p>
5	<p><i>Breakfast Task: Investigation (Q5-9)</i> <b>Learning Intention:</b> To have an understanding of the HEP and which foods are suitable for breakfast. <b>Success Criteria:</b> Students can complete Qs 5, 6, 7, 8 &amp; 9</p>	<p><b>Prac: Damper</b> Aboriginal and Australian bush Food -discuss Dem rubbing in method <b>Learning Intention:</b> To be able to use the rubbing in method and follow a simple recipe <b>Success Criteria:</b> produce a good quality damper following the given recipe</p>
6	<p>Breakfast Task: Investigate Q 11 Devise (1-3) <b>Collect food orders</b> <b>Learning Intention:</b> students will brainstorm and plan a healthy breakfast <b>Success Criteria:</b> Students will completed their food order</p>	<p><b>Prac: Muesli</b>  <b>Learning Intention:</b> Students will revise how to measure accurately and follow a recipe  <b>Success Criteria:</b> Students successfully make muesli</p>

7	<p>Complete time Plans and equipment lists Ref to p17 student booklet Catch up on anything that has been missed <b>Learning Intention:</b> Students learn how to write a detailed time plan <b>Success Criteria:</b> Students complete a Time Plan for their breakfast</p>	<p><b>Prac: Pizza subs</b></p> <p><b>Learning Intention:</b> Students will revise chopping skills and use of the oven <b>Success Criteria:</b> Students produce a pizza sub that baked to perfection</p>
8	<p><b>Prac: Design Brief:</b> Breakfast Task</p> <p><b>Learning Intention:</b> Students to make a healthy breakfast on their own that looks presentable and to clean up in the allocated time <b>Success Criteria:</b> Breakfast is completed and well presented to a good standard</p>	<p><b>Complete evaluation</b> <b>Learning Intention:</b> Students will evaluate their breakfast reflecting on taste, appearance, hygiene etc Answer any missed questions <b>Success Criteria:</b> To have completed all questions in task book and hand in</p>
9	<p><b>Prac:</b> Pikelets (depending on your class timetable) <b>Learning Intention:</b> To make a simple batter and even sized pikelets <b>Success Criteria:</b> To make even sized and well coloured pikelets</p>	<p><b>Prac:</b> Cheese and Corn Muffins <b>Learning Intention:</b> To learn how to make well rounded even sized muffins <b>Success Criteria:</b> To have made even sized rounded muffins</p>
10	<p>Prac; Easy Chocolate Brownie Slice <b>Learning Intention;</b> To make brownies using a melt and mix method <b>Success Criteria.</b> Even shaped and coloured brownies <i>NB: Some classes may still have their Design Brief to complete at the beginning of this week.</i></p>	<p>Easter Friday- so no classes that day Prac; Rock Cakes <b>Learning Intention;</b> To make rock cakes following a simple recipes <b>Success Criteria ;</b> Good even sized muffins</p>