**TECHNOLOGY & ENTERPRISE LEARNING AREA**

**DEPARTMENT: Home Economics SUBJECT: Healthy Breakfast**

**Year 8 - Term 1, 2019**

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| **Wk** | **Lesson 1** | **Lesson 2** |
| 1 | FST Course Structure-Introduction  How you’ll be assessed- outcomes  Centre rules, *brainstorm and complete worksheet* (p2)  Self-evaluation after cooking  Accidents that could happen/safety rules, Locate fire extinguisher, path for evacuation (p 5,6) | Treasure Hunt (p1)  Equipment sheet(p12),  Safety in the Kitchen- Video (17 minutes) |
| 2 | Hygiene revision (p4)  Measuring revision (p 15-17)  Washing up (p10)  Read through Rules for Success (p11) | **Prac: Fruit kebabs**  Terms- chop, dice, slice  Fruit, healthy Snacks.  What is healthy?(p18)  Cooking terms *(if time)* (p13) |
| 3 | What is a balanced diet?  ADG video. Complete worksheets on ADG: Food Guidance Systems (p19) | **Tastings** |
| 4 | Hand out Breakfast Task  Explain marking system  Technology process  Begin investigation (Q1-4)  ***NB: Summer Carnival on Friday*** | **Prac: Scrambled eggs on toast OR**  **Poached eggs on toast** |
| 5 | *Breakfast Task: Investigation (Q5-7)*  *Preparing Food Safely (if time) (p6)* | **Prac: Damper**  Aboriginal and Australian bush Food  Dem rubbing in method |
| 6 | Healthy Diet Pyramid- video on Food Pyramid (p20)  Breakfast Task: Devise (Q8-9)  Give out Diet Diary (Homework for next lesson) | **Prac: Muesli**  Continue with Breakfast task: Devise (Q8-9) |
| 7 | Recall of Diet Diary Homework  Analysis of 24 hour food diary (p21)  Discuss common foods  Where ingredients fit into the HDP.  **Collect food orders** | ***Prac: Pizza subs*** |
| 8 | Explain how to produce and write a time plan. Look at sample in books  Continue work on Breakfast Task: Devise (Q10)  Electric Frypan worksheet | **Prac: Pikelets** |
| 9 | **Design Brief:** Breakfast Task | Complete evaluation. |
| 10  &11 | Teacher choice – anything you may have missed during the term. Keep it simple. Eg Pizza Subs  *NB: Some classes may still have their Design Brief to complete at the beginning of this week. Some classes may need to have catch up classes due to the Easter Break.* | |