**TECHNOLOGY & ENTERPRISE LEARNING AREA**

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

**Year 8 - Term 3, 2022**

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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**  Complete worksheet in book using applicable descriptive words  Discuss findings |
| 4 | Hand out Breakfast Task  Explain marking system  Technology process  Begin investigation (Q1-4)  **Computers are needed** | **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 -discuss  Dem rubbing in method |
| 6 | Healthy Diet Pyramid- video on Food Pyramid (p20)  Breakfast Task: Devise (Q8-9)  **Collect food orders** | **Prac: Muesli**  Continue with Breakfast task: Devise (Q8-9) |
| 7 | Where ingredients fit into the HDP.  Catch up on anything that has been missed | ***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:**  **Design Brief:** Breakfast Task |
| 9 | **Complete evaluation** | **Prac**: Cheese and Corn Muffin |
| 10 | Teacher choice – anything you may have missed during the term. *NB: Some classes may still have their Design Brief to complete at the beginning of this week.* | **Prac**: Pikelets (depending on your class timetable) |