**TECHNOLOGY & ENTERPRISE LEARNING AREA**

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

**Year 8 - Term 1, 2024**

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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)  **Learning Intention**: To understand why we follow safety and hygiene rules in a Home Ec room  **Success Criteria**: students will have completed p 5 & 6 of their booklet to a satisfactory standard and can state 4 safety rules | Treasure Hunt (p1)  Safety in the Kitchen- Video (17 minutes)  **Learning Intentions**: Students understand where to find relevant equipment in the kitchen.  **Success Criteria:** Students can state where to find 6 pieces of equipment. |
| 2 | Hygiene revision (p4)  Measuring revision (p 11)  Washing up (p14)  **Learning Intention:** To be ableto measure accurately  **Success Criteria:** Students are able to identify what measuring equipment to use for which ingredients. | **Prac: *Pizza subs***  Terms- chop, dice, slice  Fruit, healthy Snacks.  Cooking terms *(if time)* (p24)  **Learning Intention:** Students will revise basic cutting skills  **Success Criteria:** Students will have prepared highqualityPizza Subs in a hygienic manner |
| 3 | What is a balanced diet? Healthy Eating Pyramid Video  Complete worksheets on HEP (p16)  **Learning Intention:** Students will learn about the Healthy Eating Pyramid  **Success Criteria:** To identify where food fits into the Healthy Eating Pyramid | **Tastings**  Complete worksheet in book using applicable descriptive words (p13)  Discuss findings  **Learning Intention:** Students will lean how to identify different sensory aspects of food  **Success Criteria:** Students will have completed the worksheet on P13 and tasted a range of different foods |
| 4 | Hand out Breakfast Task  Explain marking system  Technology process  Begin investigation (Q1-4)  **Computers are needed**  **Learning Intention:** Students will understand the importance of eating a healthy breakfast  **Success Criteria:** Students will have completed Qs 1-4 in their task booklet | **Prac: Scrambled eggs on toast OR**  **Poached eggs on toast**  **Learning Intention:** Students will learn different ways to cook eggs successfully  **Success Criteria:** Students will cook eggs in their chosen method to a good standard**.** |
| 5 | *Breakfast Task: Investigation (Q5-9)*  **Learning Intention:** To have an understanding of the HEP and which foods are suitable for breakfast.  **Success Criteria:** Students can complete Qs 5, 6 7, 8 & 9 | **Prac: Damper**  Aboriginal and Australian bush Food -discuss  Dem rubbing in method  **Learning Intention:** To be able to use the rubbing in method and follow a simple recipe  **Success Criteria**: produce a good quality damper following the given recipe |
| 6 | Breakfast Task: Investigate Q 11 Devise (1-3)  **Collect food orders**  **Learning Intention:** students will brainstorm and plan a healthy breakfast  **Success Criteria:** Students will completed their food order | **Prac: Muesli**  **Learning Intention:** Students will revise how to measure accurately and follow a recipe  **Success Criteria:** Students successfully make muesli |
| 7 | Compete time Plans and equipment lists  Ref to p17 student booklet  Catch up on anything that has been missed  **Learning Intention:** Students learn how to write a detailed time plan  **Success Criteria:** Students complete a Time Plan for their breakfast | ***Prac: Pikelets***  **Learning Intention:** Students will revise chopping skills and use of the oven  **Success Criteria:** To make even sized and well coloured pikelets |
| 8 | **Prac: Design Brief:** Breakfast Task  **Learning Intention: S**tudents to make a healthy breakfast on their own that looks presentable and to clean up in the allocated time  **Success Criteria;** Breakfast is completed and well presented to a good standard | **Complete evaluation**  **Learning Intention:** Students will evaluate their breakfast reflecting on taste, appearance, hygiene etc  Answer any missed questions  **Success Criteria:** To have completed all questions in task book and hand in |
| 9 | Prac; Easy Chocolate Brownie Slice  **Learning Intention;** To make brownies using a melt and mix method  **Success Criteria**. Even shaped and coloured brownies  *NB: Some classes may still have their Design Brief to complete at the beginning of*  *this week.* | **Prac**: ; Cheese and Corn Muffins  Easter Friday – so no classes  **Learning Intention; To make even size following a simple recipes**  **Success Criteria ; Good even sized muffins** |
| 10 | *Thus is a Nine week Term* |  |