



Kalgoorlie-Boulder Community High School Course Outline

T&E: Home Economics - Food Science Taster/Rotational Course Year 7 2016 Term 1&2 / 3&4

Week	Outcome	Topic	Formal Assessment Tasks
Weeks 1 – 10	Technology Process & Materials	Basic Cookery <ul style="list-style-type: none"> – Cookery Methods – Kitchen Equipment – Practical Cookery Skills – Food Costing Activities – Kitchen Safety & Hygiene Procedures – Measurement in Cookery Food & Nutrition <ul style="list-style-type: none"> – Perishable & Non Perishable Foods – Six Food Nutrients – Five Food Groups – Healthy Eating Pyramid – Australian Guide to Healthy Eating – Australian Dietary Guidelines – Breakfasts – Lunches – Dinners – Snacks – Food Labelling Laws 	Practical Cookery: <ul style="list-style-type: none"> – Fruit Kebabs – Scones – Healthy Salad – Spaghetti Bolognaise – Chicken Pasta Salad – Patty Cakes – Pikelets – Easy Macaroons – Easy Cheese Puffs
			Design Brief : <ul style="list-style-type: none"> – Design A Healthy Salad or Sandwich (IC & AH)
			Theory Exam: <ul style="list-style-type: none"> – Basic Cookery & Basic Nutrition
			Design Brief: <ul style="list-style-type: none"> – Healthy Eating Poster

(IC) = In-Class Assessment (AH) = At-Home Assessment

All Practical Work (kitchen lessons) is assessed along with Student Design Work (theory lessons).
Please Note: This program is subject to change in response to the needs and abilities of the students.