



YEAR 11 HOME ECONOMICS WORK PLAN: Semester 1, 2017 – Mrs Sue Jansen

UNIT	TERM 1 TOPICS	ASSESSMENT	DUE DATE
	<p>The Health of Individuals and Society</p> <ul style="list-style-type: none"> • food selection models as a tool in planning and assessing healthy dietary patterns • food nutrients - functions, sources, deficiency • food labelling • convenience foods • special diets - vegetarian, low GI, fad diets, life cycle • how food choices impact on wellbeing • exploration of sustainable food futures <p>Analytical exposition of an issue (Research Essay Exam): This will involve the exploration of the relationship between food and health and the enhancement of the well-being of individuals and families. Students will critically review the many initiatives that have been put in place by the Federal and State Governments to address the increasing rate of obesity in Australia. They will then form their own opinion and make recommendations to address this national health concern.</p>	<p>Continuous Cookery</p> <p>Salad with Protein Healthy Quiche Typical Dinner – lower fat Low G.I.- 2 course High Vitamin C and Iron Lifestyle Disease – 2 course Lifestyle Disease – 2 course Lasagne Comparison Homemade Pasta Homemade Pasta Healthy Lasagne</p> <p>Dimension 2: Reasoning and Communicating Processes Dimension 1: Knowledge and Understanding Supervised Written Assessment (800-1000 words)</p>	<p>1st Feb 9th Feb 14th Feb 23rd Feb 28th Feb 10th March 14th March 20th April 26th April 4th May 10th May</p> <p>Week 9, L5 and 6 23rd March</p>
UNIT	TERM 2 TOPICS	ASSESSMENT	DUE DATE
	<p>Design Challenge and Research: Students will explore a diet related illness affecting a family, for example high blood pressure. They will research the facts, causes and diet implications. Students will develop a series of guidelines and recommendations for the family to implement to improve their wellbeing.</p> <p>Practical Product and Process Journal: Students are to explore, design, make and appraise a well balanced and nutritious meal for a family with lasagne as the main meal. Students will critically analyse common recipes, trial, compare and contrast different recipes then develop their own recipe to suit the challenge. A process journal is used to record the decision making journey the student follows.</p>	<p>Dimension 2: Reasoning and Communicating Processes Research Assessment</p> <p>Dimension 3: Practical Performance Dimension 1: Knowledge and Understanding Process journal (800-1000 words) and final practical task</p>	<p>End of Semester Exam block</p>

This work plan was last updated on Wednesday, 1 February 2017. The contents are subject to change – students will be advised in advance of any changes - regularly check for updates.