



## YEAR 9 FOOD TECHNOLOGY WORKPLAN: Semester 1, 2017 – Mrs S Jansen

UNIT	TERM 1 TOPICS	ASSESSMENT	DUE DATE
	<p><b>What's in the Box?</b> A healthy lunch box makes a significant contribution to a healthy diet.</p> <p>Students will investigate the following question.</p> <p>What realistic changes can I make to my lunch box that will impact positively on my health? They will do this through the following topics.</p> <ul style="list-style-type: none"> <li>▪ Australian Dietary Guidelines for children and adolescents.</li> <li>▪ 5 Food Groups and 6 Food Nutrients</li> <li>▪ Healthy lunch boxes = healthy kids.</li> <li>▪ Reading ingredient lists and nutrition panels.</li> <li>▪ Fat content of various foods.</li> <li>▪ Lunch box ideas.</li> <li>▪ Healthy snack choices (sugar content of foods)</li> </ul>	<p>Cooking Outline by week</p> <p>2: <i>Scone</i> – ingredients provided</p> <p>3: <i>Speciality Scones</i>- flour, butter, milk provided</p> <p>4: <i>Pizza Scrolls</i> – students bring filling ingredients</p> <p>5: <i>Mini Frittata and Rice Cakes</i> - ingredients provided</p> <p>6: <i>Salad Jar</i> – ingredients provided</p> <p>7: <i>Salad Jar</i> – students bring ingredients</p> <p>8: <i>Pasta Salad</i> – students bring ingredients</p> <p>9: <i>Own choice healthy biscuit/slice</i> - students bring ingredients</p> <p>10: <i>Own choice using oats</i> – oats provided</p> <p><b>Students need to have a completed workplan for each cooking lesson and may need a container to take food home in.</b></p>	<p>Students will record the dates in their diary.</p>
UNIT	TERM 2 TOPICS	ASSESSMENT	DUE DATE
	<p><b>Final Cookery Task:</b> Students will follow the steps of the design cycle i.e. investigate, design, plan, create and evaluate a lunch box suitable for an adolescent student. This will be completed using OneNote. Workplans for a trial and final cooking will be included.</p>	<p>1: <i>Lamb meatball pita pocket</i> – students bring ingredients</p> <p>2: <i>Lunch Box Trial</i> – students bring Ingredients</p> <p>4: <i>Own choice</i> - students bring Ingredients</p> <p>5: <i>Lunch Box Trial</i> – students bring Ingredients</p> <p>6: <i>Final Lunch Box cooking exam</i> – students bring ingredients</p> <p><b>One Note Assignment Due next lesson after prac.</b></p> <p>7: <i>Eggs &amp; Rosti</i>– ingredients provided</p> <p>9: <i>Own choice aligning with Aust. Diet Guidelines</i> – students provide ingredients</p> <p><b>Exam</b> – Knowledge and Understanding</p>	<p><b>Week 6</b> 9A:Th. 25<sup>th</sup> May Lesson 1/2 9B: Lesson 3/4</p> <p><b>Week 8</b> 9A: Th. 8<sup>th</sup> Jun Lesson 1/2 9B: Lesson 5/6</p>

This work plan was last updated on Tuesday, 31 January 2017. The contents are subject to change – students will be advised in advance of any changes - regularly check for updates.