SOCIAL ASPECTS OF FOOD
2016 Semester One
Yr. 10
Unit Outline

WEEK 1: **Practical-Sponge Cake**
: Outline Rules, Assessment Tasks, Spelling list, Glossary, Self Evaluation. Discuss “Food as Gifts” and “What is in a Menu”

WEEK 2: **Hors oeuvres: Finger Food**- Mini Quiche Lorraine’s, Beef Samosas with Minty Chutney Dip, Spinach/Cheese triangles, Chicken pastries and Ham/Cheese pinwheels.
: Students complete a tasting chart on all the ‘hors oeuvres’ tasted

WEEK 3: **Entrees: Zucchini and Corn Pancakes/**
: Revise the Healthy Eating Pyramid, look at some Aboriginal foods and complete the Pyramid.

WEEK 4: **Soups: Pumpkin Soup**
: Look at the classes of Soups.

WEEK 5: **Entrees: Arancini Balls**
: Discuss the role of an Entrée in a formal menu.

WEEK 6: **Main Courses: Vegetarian Dishes: Mushroom Risotto, Ratatouille and Spaghetti with Pesto or Fettuccine Alfredo.**
: Self Evaluation and vegetarian analysis chart completed.

WEEK 7: **Main Courses: Baked Meatballs and Linguine**
: Origins of Food activity (use IPads)

WEEK 8: **Main Courses: Pad Thai**
: Origins of Food continued…

WEEK 9: **Main Courses: Spiced Chicken with Broccoli and Potato Layered Casserole**
: Bread making worksheet

WEEK 10: **Easter: Hot Cross Buns**
: revise Nutrients, 9 Dietary Guidelines and the Healthy Eating Pyramid…
WEEK 11: DESIGN BRIEF-THEORY: Café' Experience  
: Students Investigate, Devise, Plan-Food order and Time plan

WEEK 12: Desserts: Flourless Chocolate cake  
: Complete design brief requirements.

WEEK 13: DESIGN BRIEF-PRACTICAL  
: Collect Self-evaluation and Assignment

WEEK 14: Bread making  
: Written Test, Student work book collected for marking.

WEEK 15: Desserts: Lemon Meringue Pie  
: Complete “Recipe” Writing Activity

WEEK 16: Desserts: Chocolate Mousse  
: “Know your terms” Activity

WEEK 17: After Dinner Treats: Apple Sultana Slice  
: “Budget meals” worksheet and activity

WEEK 18: Churchill Squares  
: discuss the role Cheese plays in a formal menu

WEEK 19: Free Choice- Class Vote-

Please be aware that the order of some recipes or activities may change due to school events, assemblies, sporting carnivals, guest speakers and public holidays. Your child will be notified a full week in advance of any such changes before they occur.
Thankyou
Trudy Devellerez