Week 1: Practical-Quiche Lorraine and Salad
   : Outline Rules, Assessment Tasks, Spelling list, Glossary, Self Evaluation and complete worksheet “How’s Your Health?”

Week 2: Practical-Orange and Poppy Seed Cake
   : Food Processing Terms and Hygiene and Safety revision.

Week 3: Practical-Creamy Chicken and Mushroom Fettuccine
   : Spelling list pre-test and begin Glossary

Week 4: Practical-Creamy Fruit Cheesecake
   : Revise 9 Dietary Guidelines, 6 Nutrients and the Healthy Eating Pyramid

Week 5: Practical-Light Beef Stroganoff
   : Discuss and implement how you can reduce FAT in a recipe…

Week 6: Practical-Normandy Tart
   : Discuss “Everything in Moderation” and what it means for your diet?

Week 7: Theory-Lunch Activity -Food Order DUE today!!!

Week 8: Practical-Hot Cross Buns

Week 9: Practical-Spaghetti and Meatballs
   : Continue work on “Lunch Activity” –collect Time plan and Food orders.

Week 10: “Lunch task” Preparation
   : Complete Self Evaluation sheets.

Week 11: Practical-Apple Caramel Roll and Ice cream
   : Origins of Food

Week 12: Practical-Spinach and Ricotta Cannelloni
   : Revision for Nutrition test
Week 13: Practical- Javanese Chicken  
: Revision for Test

Week 14: Practical-Carrot Cake  
: Test/Workbook collected for marking.

Week 15: Practical-Beef Stir Fry  
:"FAT” –types, biological importance, dangers…

Week 16: Practical-Belgium Slice  
: Continue on “FAT” investigation.

Week 17: Practical-Beef Fajitas  
: Glossary/Spelling list review

Week 18: Practical-Golden Syrup Puddings  
: Students pick a recipe and modify it to make it healthier-lower in fat, sugar, salt, low GI …

Week 19: Practical-Crepes  
: Final Spelling Test and Glossary session.

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