

Food Technology Life Skills Stage 6 | Life Skills | 2018 Scope and Sequence

The course is structured so that students develop specific food skills each term - breakfast, lunch, dinner and desserts & snacks. Year 12 students leave school with a personal recipe book of all foods made over the duration of the course.

Term 1 - 10 weeks 2 days

Week1 (Only 3 days)	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9 (Only 4 days)	Week10 (Only 4 days)	Week 11
Let's Get Started - Breakfast										
10 lessons per two week cycle										
<p>Term 1 - Breakfast</p> <p>Breakfasts, both cooked, cold and mobile will be investigated in practical lessons. The focus for this term is to investigate the nutritive value of food using the Australian Guide to Healthy Eating model and basic nutrient function and sources. Students will be involved in evaluating foods both made in class and eaten as part of their everyday life. Students will also select (for their nutritive value) and modify (to improve nutritive value) recipes for given scenarios.</p> <p>[Note: Class is never static as Year some 10 attend one mainstream elective. Years 11 and 12 attend TAFE on different days and also participate in work experience.]</p>										

Term 2 - 9 weeks 3 days

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week 10
Let's Continue - Lunch									
10 lessons per two week cycle									
<p>Term 2 - Lunch</p> <p>Lunches, both packed and eat at home are investigated. Selection and storage requirements for food items are the new focus in this unit along with establishing a pantry on leaving home.</p> <p>[Note: Class is never static as Year some 10 attend one mainstream elective. Years 11 and 12 attend TAFE on different days and also participate in work experience.]</p>									

Term 3 - 9 weeks 4 days

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week 10 (Only 4 days)
Let's Finish - Dinner									
10 lessons per 2 week cycle									
Term 3 - Dinner									
Dinners are investigated in this unit. The focus for this term is to investigate the equipment that is used in the home kitchens and determine what is essential and what are 'luxury' items. From this students will create a list of basic kitchen equipment that would be necessary when leaving home and cost this to a given budget.									
[Note: Class is never static as Year some 10 attend one mainstream elective. Years 11 and 12 attend TAFE on different days and also participate in work experience.]									

Term 4 - 10 weeks

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week10
All Around - Dessert and Snacks									
10 lessons per 2 week cycle									
Term 4 - Snacks and desserts									
Snacks and desserts are investigated in this unit. Students will look at snacks most commonly consumed by teenagers and how they are encouraged to eat them. The students will look at how popular snacks can be made as healthier versions and how they can encourage the consumption of healthier snacks by other teenagers. Food for special occasions will also be considered.									
[Note: Class is never static as Year some 10 attend one mainstream elective. Years 11 and 12 attend TAFE on different days and also participate in work experience.]									