



DURATION OF SUBJECT	ONE SEMESTER
FINANCIAL COMMITMENT	REFER TO FEE SCHEDULE
COURSE REQUIREMENTS	A passion for cooking, and a strong desire to learn new skills. Parental permission is required for high or extreme risk activities.

COURSE CONTENT

UNIT 1	ASSESSMENT
<p>Back to basics</p> <p>In this unit, students will participate in the technology design thinking process to design and create a food item and engaging video that demonstrates their cooking skills. When planning their video and food item students need to consider a range of factors and constraints. Students will reflect on their practical lessons throughout the term to evaluate their cooking skills, the cooking processes and final products. Throughout the unit students will learn basic skills in the kitchen, under safe and hygienic guidelines and get their first taste for what Hospitality is all about. Upon conclusion of this unit, students will demonstrate key cooking skills to create a successful product.</p>	<p>Project:</p> <ul style="list-style-type: none"> → Part A: Process Journal → Part B: Product
UNIT 2	ASSESSMENT
<p>Nutrition on a budget</p> <p>In this unit, students will gain an understanding about healthy eating on a budget and how they can use the Australian Guide to Healthy Eating to modify dishes to ensure they are meeting their nutritional needs. Students will delve into the world of nutrition and learn how to properly read nutrition panels and interpret what they mean. Students will have the opportunity to modify a fast-food dish to ensure it is budget friendly and healthy. Throughout the unit students will practice skills in the kitchen with varying degrees of difficulty, under safe and hygienic guidelines. Upon conclusion of this unit, students will have a clear knowledge and understanding about healthy eating and be able to make informed decisions about their own eating habits to improve their health and wellbeing.</p>	<p>Project:</p> <ul style="list-style-type: none"> → Part A: Process Journal → Part B: Product

CAREER PATHWAYS

Year 7 Food Technology prepares students for senior subjects including Hospitality and Food & Nutrition. Careers that link with these subjects may include:

CHEF

Caterer

Dietician

Teacher

NUTRITIONIST