## Home Economics Outline 2013

- Examine how technological changes have affected the home with particular emphasis on food and household equipment.
- Examine the changing roles of Children.
- Examine the new Australian guideline to healthy eating ‘Eat for Health’.
- Examine the concept of food and social justice.
- Construct a textiles object using recycled materials.
- Construct a textiles task on pyjama shorts.

1 x 110 minutes and 2x50 min lessons per week for 1 semester
50% of time in kitchen and 50% in textiles area.

### Week 1-3
Looking at changes in technology in the home, special emphasis on kitchen.
Heritage unit – comparison of then and now.
Collage (words and/or pictures) showing one aspect of technology in the home.
Examine resources from Colonial Kitchen.

Practical:
- Pastry making
- Scones/damper
- Cottage pie/Cornish Pasty

Critical analysis of the process and their achievement.

### Week 4-5
Making personal choices to improve eating.
- Recognising pattern 24 Hour food record.
- Analysing new Australian healthy eating guidelines ‘Eat for Health’.
- Relating and applying the guidelines to personal lifestyles and routines.

Practical:
- Individual practical on improved ‘Eat for Health’ plan.

Critical analysis of the process and their achievement.

### Week 6-8
Food and Social justice
Staple foods and recipe analysis.
Practical:
- Cous-cous and spicy veg
- Rice – Nasi Goreng

Critical analysis of the process and their achievement.

### Week 9-10
Computer access required for this activity
ZIG STAR task.
Analysis of case study including nutrients and serving sizes.

**Pasta Demonstration** with basic sauce.
Practical:
- Pasta
- Tortilla/ Taco

Critical analysis of the process and their achievement.

### Textiles

- ‘Something new from something old’ – The concept of recycling textiles:
  - **Practical**
    - Making something new from old
    - Recycled plastic pencil cases

  Complete assignment **fabric study**.

  Critical analysis of the process and their achievement.

### SACSA FRAMEWORKS Links

**HPE 4.8** Understands a range of influences on nutritional needs and implements a dietary strategy for adolescence.

**DESIGN AND TECHNOLOGY Design 4.2** Integrates design skills to create personal strategies for designing culturally and socially defensible products, processes and systems.