**Eastern Fleurieu 8 Home Economics 2013**

Students will have learning opportunities to:
1. Identify Dietary Guidelines and their application to everyday eating
2. Understand and apply safe and hygienic food handling
3. Evaluate their on-going learning and skill development through personal reflection.
4. Develop skills in using the sewing machine and understanding fabrics.

<table>
<thead>
<tr>
<th>Week</th>
<th>Term 2</th>
<th>Food and Nutrition</th>
<th>Term 1</th>
<th>Textiles and Technology</th>
</tr>
</thead>
</table>
| 1    |        | Kitchen safety, recipe layout and knife use and terms Clickview “In the kitchen” / The knives are out! Using hand appliances safely  
   - **Practical:** Smoothie (using stab mixer or blender) | Sewing machine review. Machine parts  
   Safety in the sewing area  
   Threading up and basic stitching, straight stitch and zigzag  
   How to applique | Examine some of the elements of design to textiles: colour, shape, texture, function  
   Develop Design Portfolio |
| 2    |        | Introduce world map and ‘global food’ “Where does our food come from” Terms and planning concepts (m-e-p) Introduce Management /Action Plan  
   **Practical:** Tacos | | |
| 3    |        | Revise “The Australian Guide to Healthy Eating” and daily recommendations.  
   **Clickview:** Australian Guide to Healthy Eating Review Vegetables and Legumes.  
   **Practical:** Baked potatoes with coleslaw, ham and sour cream | | |
| 4-5  |        | **Focus:** Milk, Cheese and Yogurt Group  
   Written Activities related to this,  
   **Click view:** Our Dairy Industry  
   **Practical:** Cheese tasting and sensory Perception  
   Macaroni Bake | | |
| 6-7  |        | **Focus:** Meat, fish eggs nuts and legumes Group  
   Activities related to this group eg. “Transfer book activity” Recommended Daily intake  
   **Practicals:** Cheesy enchiladas using eggs or chilli con carne or Falafel wraps (see Mexi Burgers)  
   (these practicals allow students to look at a range of this group)  
   **Theory Task:** Worksheets to complement practical task |  
   **Theory:** Look at different fabric types, woven fabrics specifically  
   **Practical task** | |
| 8-10 |        | Focus on: Bread, Cereal, Rice, Pasta and Noodles  
   Activities related to this group eg.  
   Recommended Daily intake  
   **Practical:**  
   - Noodle stir fry recipe & questions  
   - Cooking Rice/ Fried Rice  
   Introduce and plan for  
   **Practical Assessment Task**  
   Healthy Eating ‘project’ | | |