Subject | Year 7 Home Economics – Semester 1
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Teacher | Madeline Gale

**Course Content**

Students will have learning opportunities to:

1. Develop skills related to working with food and equipment in a food preparation area
2. Understand and apply safe and hygienic food handling
3. Introduce “The Australian Guide To Healthy Eating” and its application to everyday eating
4. Evaluate their ongoing learning and skill development through personal reflection
5. Develop skills in using the sewing machine and understanding fabrics
6. Examine some design elements and apply to fabrics and textiles
7. Develop self-confidence through handling food and fabrics

**Kitchen:**

Introduction to:
- The kitchen
- Appliances and technology
- Kitchen Safety and Hygiene
- Cooking terms and equipment identification
- Skills and methods

**Textiles:**

Introduction to:
- Textiles room
- Safety and precautions
- Basic sewing tools, technology and equipment
- Basic stitches and methods
- Terminology related to textiles

**Assessment**

**Kitchen:**

Weekly cooking practicals in small groups
Ongoing evaluation and reflections of practicals
Assessment on *The Australian Guide to Healthy Eating* with a focus on the Fruit, Vegetables and legumes Group.

**Textiles:**

Ongoing evaluation and reflection of practical tasks
Hand sewn item and folio related to the design process and the elements of design. Critical analysis of the process and their achievement.
Natural fibre characteristics and suitability analysis.