



Newton Moore Senior High School
Design and Technology
Year 8 Food
Semester 1 or 2
2016



Course Description:

The focus for this unit is to allow students to developing knowledge in nutritional value of foods, specifically looking at the ADG's. Students will also have the opportunity to explore various cooking methods and improve on kitchen skills

Technology Process

Students apply a technology process to create or modify products to meet human needs and requirements.

- Investigating – Students investigate issues, needs and opportunities.
- Designing – Students devise and generate ideas and prepare production proposals.
- Producing – Students produce solutions and manage production processes
- Evaluating – Students evaluate intentions, plans and actions

Materials

Students select and use materials that are appropriate to achieving solutions to technological challenges'

- Nature – Students understand that the properties of materials are considered when making selections to meet design, production and service requirements.
- Techniques – Students select and safely use equipment and techniques appropriate to both material and design requirements to achieve specified standards of accuracy and presentation.

Course Outline

Week	Content
1	Intro to unit Revise safety and hygiene Requirement of course Revise Diet Pyramid "Good Elf" Video
2	Measuring Revision What are the ADG's? Guideline Research
3	ADG Guideline Research cont.
4	In class test: Measuring Basic cookery terms: Glossary sheet
5	Nutrients: What are they? The importance of fruit and Vegetables

6	Energy Foods: What are they? Fitness and foods Body types BMI
7	Task: Olympic Assignment Research
8	Task: Olympic Research Own choice recipes due in
9	Complete Olympic Task How to do an individual food order and time plan
10	Smoking, Drugs and Sport Video
11	What is your Fitness level? BMI Height Weight
12	Your Diet Importance of Breakfast Choose your breakfast
13	Own Choice recipes in Costing a recipe
14	Dietary Myths Obesity
15	Task: Dietary Issues Anorexia
16	Assignment research Diets
17	Assignment research Diets
18	Task due in Reading Food Labels
19	What are convenience foods? Healthy takeaways
20	Evaluation of course Complete Healthy takeaways

This course outline may be subject to change, any changes will be communicated to students.

Assessment Outline

Max Score	Type of assessment	Outcomes	Due Date	Weighting
10	Test: Measuring	Technology process	Week 4	5%
10	ADG research	Technology process	Week 3	5%
20	Olympic task	Materials	Week 9	20%
20	Breakfast production	Technology process	Week 13	10%
20	Dietary myths	Technology process	Week 18	20%
40	Practical cooking	Technology process	Week 19	40%
Total				100%

The above weightings are intended to show the importance of each task. The allocation of a grade at the end of a semester is determined based on grade related descriptors issued by School Curriculum and Standards Authority.