



# WAGIN DISTRICT HIGH SCHOOL

## Term 3 OUTLINE

### Year 8 HOSPITALITY 2020

#### COURSE OUTLINE

Nutritional value and physical properties of food determine preparation techniques and presentation. Students are expected to evaluate the advantages and disadvantages of design ideas and technologies. Students have the opportunity to respond to feedback from others and evaluate their design processes and solutions. Students will explore and identify sensory properties of foods used in creating healthy eating solutions. They will describe and apply the principles of food safety, nutrition, preparation, presentation, preservation, physical and sensory properties and perceptions. Students will need to identify ways to prepare and present foods for healthy eating using processing skills and techniques. Improvement of food preparation skills and the promotion of life long nutritional knowledge are encouraged through this course.

#### COURSE OUTCOMES

The focus of this course is to:

- Identify that nutritional value and physical properties of food determine preparation techniques and presentation
- Follow sequenced steps to a problem-solving plan
- Apply safe procedures to make solutions, using a range of components, equipment and techniques
- Apply given contextual criteria to independently evaluate design processes and solutions
- Work independently, and collaboratively, to plan, develop and communicate ideas and information, when using management processes.
- Design and create a food product for public audience and judgement
- Evaluate a dish in terms of flavour, colour, texture and nutritional value
- Prepare and serve a range of foods with suitable accompaniments and garnishes
- Develop sound work habits and the ability to work independently

#### TASKS

##### WEEKLY TASKS

There will be a major importance placed on production of practical work preparing speciality dishes within the constraints the Australian Guide to Healthy Eating. The students will be keeping a portfolio with a record of their weekly cooking and reflections.

## WRITTEN TASKS

### Task 1 – Personal Cook Book

As students prepare for their cooking practicals each week, they will also be contributing to their own personal cook book for them to be assessed on and take home for further use. They must write out their recipe, including ingredients, measurements and methods. Their instructions must be easy to follow, nicely presented and legible.

### Task 2 – Designing a Two-Course Feasts

Students will be challenged to produce

### Task 3 – Reflections

Students will plan and prepare their own meal using the Australian Guide to healthy eating. When planning and producing their meal students will evaluate their menu choice to see if it meets the requirements of a healthy meal. Using the selected recipe students will need to complete a thorough time plan to ensure your meal is completed on time.

## ASSESSMENT BREAKDOWN

TASK	MAXIMUM MARK
Weekly practical cooking	40
Two-Course Feast	15
Personal Cookbook	20
Reflection	15
Active participation	10

## TIME LINE

WEEK	ACTIVITY		TASK DUE/HOMEWORK
<b>1</b>	-Introduction, unit outline -Designing Front Covers for Personalised Cookbooks -Pizza topping questionnaire -Chocolate Chip Cookie		Discussion of expectations, work package and recipes.  On-going weekly Personal Cookbook contributions. <ul style="list-style-type: none"> <li>- Front Cover Design</li> <li>- Copy of every recipe attempted</li> <li>- Leaving a yelp review of each one – a reflection on taste and experience.</li> <li>- Ongoing activities in the book – kitchen safety, naming equipment. Etc.</li> </ul>
<b>2</b>	Pizza – choice of toppings	Reflection + Recipe	Booklet activities
<b>3</b>	Dutch Apple Cake	Reflection + Recipe	Booklet activities
<b>4</b>	Lasagne	Reflection + Recipe	Booklet activities
<b>5</b>	Chocolate Brownies	Reflection + Recipe	Booklet activities
<b>6</b>	Chicken Curry		How to plan a feast
<b>7</b>	Fruit Cheesecake	Reflection + Recipe	Fruit of Choice – Blueberry, Lemon, Raspberry, plain.
<b>8</b>	Planning Feast Assignment  Potato Wedges and/or Scones	Reflection + Recipe	Planning Feast– what are you making? Job allocation – shopping list.
<b>9</b>	Preparing for Feast	Reflection + Recipe	
<b>10</b>	Finalizing Feast Feast reflection	Reflection + Recipe	Finalising Personal Cookbook – ensuring all is complete and accounted for.