



SAMPLE COURSE OUTLINE

**FOOD SCIENCE AND TECHNOLOGY
PRELIMINARY UNIT 3 AND UNIT 4**

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Sample course outline

Food Science and Technology – Preliminary

Unit 3 – Food for family

Semester 1

(Notional timeframe only – may take up to whole year)

Week	Syllabus content	Teaching points
1	Practical skills <ul style="list-style-type: none"> • clean protective clothing • clean hands and nails • tie hair back/net/cap • emergency procedures • protective footwear • seasons • size • shape • colour • handling raw ingredients • clean-up procedures • follow recipes and/or instructions 	<ul style="list-style-type: none"> • personal hygiene practices • personal safety • availability and variety of raw food in the local market • physical properties of food • kitchen practices • simple family meals
2–4	Nutritious meals <ul style="list-style-type: none"> • protein • carbohydrates • vitamins • minerals • fats/oils • portion control • serving sizes • improve nutrient value • follow recipes and/or instructions Task 1: Nutritious meals	<ul style="list-style-type: none"> • nutrients required for good health • role of water for good health • nutritional information on food packages • nutritional intake • interpret cooking terminology used in recipes • modify/adapt recipes • simple family meals
5–6	Stove top meals <ul style="list-style-type: none"> • prepare and organise work area • collect ingredients • handling raw ingredients • clean-up procedures • stove top • cleaning • gas appliances, including ignition • appearance • colour • garnish • temperature 	<ul style="list-style-type: none"> • kitchen practices • selection of suitable preparation equipment for different tasks • use of cooking appliances • personal safety • simple food presentation skills
7	Use the grill or barbecue <ul style="list-style-type: none"> • prepare and organise work area • collect ingredients • handling raw ingredients • clean-up procedures • necessary ingredients: shopping lists, food orders • grill/barbecue • cleaning 	<ul style="list-style-type: none"> • kitchen practices • simple family meals • selection of suitable preparation equipment for different tasks • use of cooking appliances • simple food presentation skills • personal safety

Week	Syllabus content	Teaching points
	<ul style="list-style-type: none"> • appearance • colour • garnish • temperature • hot surfaces/equipment • gas appliances, including ignition Task 2: Two-course meal	
8–9	Meals from the oven <ul style="list-style-type: none"> • prepare and organise work area • collect ingredients • handling raw ingredients • clean-up procedures • oven • cleaning • hot surfaces/equipment • appearance • colour • garnish • temperature 	<ul style="list-style-type: none"> • kitchen practices • selection of suitable preparation equipment for different tasks • personal safety • simple food presentation skills
10–11	Food choices for family meals <ul style="list-style-type: none"> • family structure • family size • special dietary needs • season • cost • diversity and variety, including across cultures • presentation • necessary ingredients: shopping lists, food orders • extend family meals Task 3: Food for the family	<ul style="list-style-type: none"> • factors influencing food choices for family meals • experiencing new foods • simple family meals • modify/adapt recipes • selection of suitable preparation equipment for different tasks
12–14	Project management <ul style="list-style-type: none"> • follow recipes and/or instructions • necessary ingredients: shopping lists, food orders • variety of processing techniques • coordinate processing tasks • time management skills • prioritise tasks • decision making • problem solving • transfer of microorganisms, such as when tasting food for seasoning • storage • freezing and thawing • cross contamination Task 4: Invite the family	<ul style="list-style-type: none"> • simple family meals • organisational/interpersonal skills • personal hygiene practices • food safety
15–16	New foods <ul style="list-style-type: none"> • variety of processing techniques • diversity and variety, including across cultures • presentation 	<ul style="list-style-type: none"> • simple family meals • interpret cooking terminology used in recipes • experiencing new foods

Sample course outline

Food Science and Technology – Preliminary

Unit 4 – Food to share

Semester 2

(Notional timeframe only – may take up to whole year)

Week	Syllabus content	Teaching points
1–3	<p>The local food market</p> <ul style="list-style-type: none"> • processed food, such as apples, potatoes • raw • processed • appearance • texture • aroma • flavour • sound • size • shape • colour • prepare and organise work area • collect ingredients • handle raw ingredients • clean up procedures • clean protective clothing • clean hands and nails • hair back/net/cap <p>Task 5: Local food</p>	<ul style="list-style-type: none"> • availability and variety of food in the local market • classification of food • sensory properties of food • physical properties of food • kitchen practices • personal hygiene practices
4–6	<p>Meal planning</p> <ul style="list-style-type: none"> • culture • occasion • number of people • location • preparation skills • dietary needs • storage/transport • cost • prepare and organise work area • collect ingredients • handle raw ingredients • coordinate tasks • clean up procedures • follow recipes/instructions • variety of processing techniques • present safe, quality, palatable food • appearance • colour 	<ul style="list-style-type: none"> • factors influencing choices when planning food to share • kitchen practices • food to share • simple food presentation skills

Week	Syllabus content	Teaching points
7–9	<p>Assembly line production</p> <ul style="list-style-type: none"> • portion control • serving sizes • <i>Healthy Eating Pyramid (Nutrition Australia May 2015)</i> and/or <i>Australian Guide to Healthy Eating</i> • improve nutrient value • larger quantities • follow recipes/instructions • assembly line/batch production • allocate tasks/roles and responsibilities • present safe, quality, palatable food • appearance • colour • protective footwear • work in confined areas, including knife safety • confidence when using kitchen equipment • safe temperature zone • cross contamination • storage/transport <p>Task 6: Food for the fete</p>	<ul style="list-style-type: none"> • nutritional intake • importance of a balanced diet and the consumption of a variety of food for health • food selection model/s • modify/adapt recipes • food to share • simple food presentation skills • personal safety • food safety
10–11	<p>Table service</p> <ul style="list-style-type: none"> • preparation of food • table setting • food service • beverage service • garnish • communication • safe pathways through work/service areas 	<ul style="list-style-type: none"> • selection and use of suitable equipment/appliances • simple food presentation skills • organisational/interpersonal skills • personal safety
12–13	<p>Celebration – the planning stage</p> <ul style="list-style-type: none"> • larger quantities • allocate tasks/roles and responsibilities • coordinate processing tasks • prepare food for appropriate service time • table setting • appearance • colour • garnish • team work • safe temperature zone • storage/transport <p>Task 7: Celebration – planning</p>	<ul style="list-style-type: none"> • modify/adapt recipes • food to share • time management skills • selection and use of suitable equipment/appliances • simple food presentation skills • organisational/interpersonal skills • food safety

Week	Syllabus content	Teaching points
14–16	<p>Celebration – the production and service stage</p> <ul style="list-style-type: none"> • variety of processing techniques • coordinate processing tasks • present safe, quality, palatable food • prepare food for appropriate service time • preparation of food • food service • beverage service • temperature • communication • team work • leadership • evaluation • transfer of microorganisms, such as when tasting food for seasoning • emergency procedures • hot surfaces/equipment • carry/lift heavy equipment • safe temperature zone • cross contamination • storage/transport <p>Task 8: Celebration – production and service</p>	<ul style="list-style-type: none"> • food to share • time management skills • selection and use of suitable equipment/appliances • simple food presentation skills • organisational/interpersonal skills • personal hygiene practices • personal safety • food safety