**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**   * + 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 | * + 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**   * + protein   + carbohydrates   + vitamins   + minerals   + fats/oils   + portion control   + serving sizes   + improve nutrient value   + follow recipes and/or instructions   **Task 1: Nutritious meals** | * + 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**   * + prepare and organise work area   + collect ingredients   + handling raw ingredients   + clean-up procedures   + stove top   + cleaning   + gas appliances, including ignition   + appearance   + colour   + garnish   + temperature | * + 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**   * + prepare and organise work area   + collect ingredients   + handling raw ingredients   + clean-up procedures   + necessary ingredients: shopping lists, food orders   + grill/barbecue   + cleaning   + appearance   + colour   + garnish   + temperature   + hot surfaces/equipment   + gas appliances, including ignition   **Task 2: Two-course meal** | * + kitchen practices   + simple family meals   + selection of suitable preparation equipment for different tasks   + use of cooking appliances   + simple food presentation skills   + personal safety |
| 8–9 | **Meals from the oven**   * + prepare and organise work area   + collect ingredients   + handling raw ingredients   + clean-up procedures   + oven   + cleaning   + hot surfaces/equipment   + appearance   + colour   + garnish   + temperature | * + kitchen practices   + selection of suitable preparation equipment for different tasks   + personal safety   + simple food presentation skills |
| 10–11 | **Food choices for family meals**   * + 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** | * + 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**   * + 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** | * + simple family meals   + organisational/   interpersonal skills   * + personal hygiene practices   + food safety |
| 15–16 | **New foods**   * + variety of processing techniques   + diversity and variety, including across cultures   + presentation | * + 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 | **The local food market**   * + 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   **Task 5: Local food** | * + 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 | **Meal planning**   * + 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 | * + factors influencing choices when planning food to share   + kitchen practices   + food to share   + simple food presentation skills |

| **Week** | **Syllabus content** | **Teaching points** |
| --- | --- | --- |
| 7–9 | **Assembly line production**   * + portion control   + serving sizes   + *Healthy Eating Pyramid* *(Nutrition Australia May 2015)* and/or *Australian Guide to Healthy Eating*   + 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   **Task 6: Food for the fete** | * + 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 | **Table service**   * + preparation of food   + table setting   + food service   + beverage service   + garnish   + communication   + safe pathways through work/service areas | * + selection and use of suitable equipment/ appliances   + simple food presentation skills   + organisational/   interpersonal skills   * + personal safety |
| 12–13 | **Celebration – the planning stage**   * + 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   **Task 7: Celebration – planning** | * + 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 | **Celebration – the production and service stage**   * + 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   **Task 8: Celebration – production and service** | * + 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 |