Years 8 or 9 BASIC COOKING TECHNIQUES - Elective subject - One Semester

Students will be introduced to the basics of food safety and hygiene and embark on a series of practical and theoretical exercises developing their skills and culinary vocabulary. This course forms the basis for a number of other electives and will provide students with not only skills but also a broad knowledge of nutritional requirements for healthy bodies. Students will be required to cook for their families regularly in lieu of other homework tasks.

The assessment for this course comprises a series of theory and practical tasks combining information technology with other research methods. Theory tasks form 40% of total assessment with the remaining 60% representing practical assessments.

Years 8 or 9 SIMPLE MEALS - Elective subject - One Semester

Students will develop the skills for preparing simple, healthy and satisfying meals within both time and budget constraints. There will be opportunities to develop skills further in the production and presentation of both sweet and savoury dishes. In lieu of alternative homework tasks students will be required to cook for their families once a week. In the development of menu plans, students will identify nutritional needs and cost effective ways of meeting these criteria.

Assessment consists of a series of theory and practical tasks incorporating information technology in both research and presentation of the responses to these tasks.

Years 9 or 10 ASIAN CUISINE - Elective subject - One Semester

Assumed knowledge of ‘Basic Cooking Techniques’ or ‘Simple Meals’

Students will discover the delights of the Asia Pacific Rim. Through their study they will develop an appreciation of the diversity of tastes and produce used in this style of cuisine as well as some of the cultural issues associated with the region. In addition, an exploration of the development of ‘Fusion’ cuisine Australia will be investigated, as will the desirable health benefits of incorporating an Asian perspective. Students will be required to cook regularly for their families.

The assessment for this elective will comprise both theory (40%) and practical (60%) assessments and will require students to use their information technology skills both in research and presentation of responses.

Success, wisdom, balance
Years 9 or 10 BAKED GOODIES - Elective subject – One Semester

Assumed knowledge - ‘Basic Cooking Techniques’ or ‘Simple Meals’.
Students will be introduced to the wonders of pastry (both sweet and savoury) in its various styles, cakes, biscuits, muffins and slices. An understanding of the variety of uses and cultural applications of different types of pastry will also be explored. The baking process will be explored as will the broad range of food product made using this process.

Food Culture studies leading into the festive season focus on Italian food and the Christmas Traditions of Germany, France, Italy and Austria. A study of food appropriate to festive occasions, its preparation and decoration will also be addressed as will budgetary concerns within the framework of sound nutritional practices.

The assessment for this elective will comprise both theoretical (40%) and practical (60%) assessments and will require students to use their information technology skills both in research and presentation of responses.

Success, wisdom, balance