**Course Outline – Unit 3**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Week** | **Area of study** | **Book reference** | **Key knowledge** | **Production task** | **Activities** |
| 1  (31st Jan) | **1: Maintaining food safety in Australia** | * 1. Introduction   2. Microbial contamination and growth   Food spoilage and poisoning  1.3 Safety and hygiene practices to prevent food spoilage and food poisoning | * Causes of food spoilage * Causes of food poisoning * Safety and hygiene practices   **STUDY ON GUIDE**  Food spoilage FT34-001 Food poisoning  FT34-002Conditions required for bacterial growth FT34-003Cross-contamination FT34-004Preventing food spoilage and poisoning FT34-005 | No practical class | Read thoroughly textbook 1.1, 1.2 and 1.3  Do Test your understanding questions and apply your understanding p 10, p19 and p27  Complete a production plan for Paella, recipe on p 18  Familiarise yourself with your ‘study on’ guide, do practise exam questions  Set up study, revision book and start a glossary of terms for these first 3 chapters of the book |
| 2  (4th Feb) |  | * 1. Hazard analysis and critical control points, HACCP   2. Food standards code   3. Food labelling | * FSANZ * HACCP * Food Standards Code * food labelling   **STUDY ON GUIDE**  The role of HACCP FT34-020Steps involved in HACCP FT34-021Development of a food safety program FT34-011The Food Standards Code FT34-015Food labelling categories FT34-016Food labelling regulations FT34-017What’s on a label? FT34-018 | Paella with chicken and seafood   * Thermometer calibrating * Identify possible hazards and the critical control points * Testing internal temp of chicken | Test knowledge so far.  Concept map to revise knowledge so far to put in your revision book-show spiderscribe.net program  Read thoroughly textbook 1.4, 1.5, 1.6  Do Test your understanding questions and apply your understanding  Look up what the Food recalls are for this month  List the food item and reason for recall and present in a table  Collect 3 Food labels from products your family has bought from home. What do they all have in common? Are there any differences between the products? Do they all meet the standard requirements?  Brainstorm HACCP for Zeally bay excursion, each have 3 questions to ask John about critical control points, monitoring, record keeping, labelling, refer to p19 apply your understanding, p27 and HACCP TEMPLATE  Design brief brainstorm, set up ideas board, encourage students to have a book to record any design ideas, recipes etc.-30 mins |
| 3 (11th Feb) |  | * 1. Nutrition, health and related claims   1.8 Food legislation: the roles and relationships of National, state and local authorities | * Nutritional content and health claims   Understand the role of  **STUDY ON GUIDE**  Health and nutrient claims FT34-019  National authorities FT34-006  The role of FSANZ FT34-007  The role of AQIS | Excursion booked Monday 11th Feb, 10.30-12.30 Zeally Bay Sour Dough  Excursion to Zeally bay sourdough  Food safety program records and | REFERENCING(could be done in a connect session)- Keep a record of everything-websites, interviews, magazines, books  What is the role of AQIS  Look up and print an example of a Foods safety program template. Why are these important in commercial food production  Test your knowledge  Practice exam questions in’ study on’ guide  Revision notes adding terms and summaries  Memory pair match game  Exam question practice in ‘study on’ guide  concept maps for preparation for first outcome |
| 4  (18th Feb) |  |  | **SAC 1 Outcome 1:**  **‘Explain the roles and responsibilities of and the relationship between national, state and local authorities in ensuring and maintaining food safety within Australia.’** | P 124 Bread making-roast garlic, caramelised onions, rosemary and parmesan twists  (Complex process – yeast making, caramelisation)  Gluten? What is it and how do we activate in this process | SAC 1 Outcome 1 TEST  Handout  Revision overview what you know so far about food properties of key foods |
| 5  (25th Feb) | **2:** **Food Properties, Preparation and Processing** | **Chapter 2**  **Food Properties, preparation and processing**  2.1 Primary and secondary processing  2.2 Cereals  2.3 Fruits and vegetables  2.4 nuts and legumes | * Primary and secondary processing * Key foods: cereals, fruits, vegetables, nuts and legumes * Physical, chemical and sensory properties of these key foods | Shortcrust pastry, blind baking and freeze to preserve  (complex process-pastry making) | Primary processing  Secondary processing  Evaluating fruit  Noting nuts  **Start SAC2 Primary and Secondary Processing worksheets** |
| 6  (4th march) |  | 2.5 Meats and seafood  2.6 Dairy Foods  2.7 Eggs | * Primary and secondary processing * Key foods: meats, seafood, dairy foods and eggs * Physical, chemical and sensory properties of these key foods | Make citrus curd , sterilise jars, labelling  (use of acid to preserve, coagulation of egg protein))  P93 food solutions book | Chicken cuts  Milk tasting  Summarise this  Test your knowledge  Practice exam question |
| 7 (11th Mar)  Labour day holiday, mon |  | 2.8 Functions of Natural food components  2.9 the pH of food | * Natural food components: acids, alkalis * Functional properties | No prac-Labour day | Where does it fit on the pH chart?  Egg poaching  Investigate alkalis |
| 8  (18th Mar) |  | 2.10 Enzymes and proteins | * Natural food components: enzymes, proteins, sugar * Functional properties | Make meringue and put together tarts  Make passionfruit sauce for presentation  (complex process-aeration) | Understanding enzymes  Fact sheet  Become an expert in sugar |
| 9  (25th Mar)  End of term 1 |  | 2.11 Carbohydrates- starches and sugars  2.12 Fats and oils | * Natural food components: starch, fats and oils * Functional properties | Mayonnaise- Choose flavouring e.g aioli, saffron, mustard and capers, chilli and lime  (emulsifying)  Battered fish???? Or twice cooked chips | **\*\*Work on design brief for SAT. Give handout guide for SAT, and timeline grid**  Make your own emulsion  Test your knowledge  Practice exam questions |
| 10  Start term2  (15th April) |  | **Chapter 4:**  **Preservation techniques**  4.1 Food deterioration and spoilage  4.2 Food preservation principles, techniques and processes  4.3 Temperature control- chilling and freezing | * Preservation techniques: freezing, dehydration, use of sugars, salting | **Outcome 2 Prac 1** Semi dried tomatoes and tomato relish  **SAC 2 Outcome 2:**  **‘Analyse preparation, processing and preservation techniques for key foods, and prepare foods safely and hygienically.’** | Production plan and food order for production 2 of outcome  Check the freeze value  Oven-dried tomatoes  Sterilisation  Pectin  Testing for the setting point |
| 11  (22nd April) |  | 4.4 Temperature control-heating  4.5 Dehydration-the removal of moisture  4.6 Addition of chemicals  4.7 Preservation using acids | * Preservation techniques: use of acids, heat processing | **Outcome 2 Prac 2 Tomato and cheese roulade (cooking the Australian Way or Thai Gourmet burgers- Bread rolls, beef mince patties, relish and tomatoes, fresh coriander, lettuce** | **TEST COMPONENT OF SAC**  **HAND IN PRODUCTION PLANS FOR SAC 2**  In a pickle  Test your knowledge  Practice exam question |
| 12  (29th April) |  | 3.4 Moist methods of cooking  3.5 Microwave cooking | * Wet methods of cooking * Microwave cooking | P157 Master stock chicken with lychee, coriander and chilli peanut salad and sticky soy  (Wet method cooking) Jointing a chicken | **\*\*Design brief SAT draft due**  Which way to cook vegetables?  Compare and contrast  Test your knowledge  Practice exam question |
| 13  (6 th May) |  | Chapter 3  **Techniques of cooking**  3.1 Reasons for cooking food  3.2How is food cooked  3.3 Dry methods of cooking | * Techniques for cooking food * Dry methods of cooking | P 154 basil crumbed veal schnitzel with bocconcini and red pepper caponata  (cuts of meat that suit this quick dry cooking)  Microwave sliced potatoes, green vegetable  (Dry and Microwave cooking methods) | Heat transfer  Potatoes three ways  Complete the table  **Final brief due**  **Criteria of eval draft**  Caution when deep frying  Wattage and power  Microwave has highs and lows |
| 14  (13th May)  Top designs May14 th | **Area of study3: Developing a design plan** | Chapter 5: Developing a design plan  5.1 Establishing the brief  5.2 Criteria for evaluation | * Components of design brief * Writing a brief | P164 Spinach and ricotta agnolotti with a brown butter, hazelnut and sage sauce  (Complex process – pasta making) |  |
| 15  (20th May) |  |  |  | Sugar decorations- how these can be used to decorate and enhance your designs  Honeycomb(role of bicarb soda)  Spun sugar  (Complex process – aeration/confectionary) | **Criteria of evaluation due**  How to adapt recipes- why and how? Refer to handout  Concept map  Developing ideas, justifying |
| 16  (27th May) |  | 5.3 What makes a good design solution | * Specifications * Understanding complex processes | Making custard base ice-cream. Choose flavouring  (complex process | Preparing design plan, relevant research, at least 4 different complex processes, 2 preservation products, understanding of properties of food used, recipes, safety and hygiene |
| 17  (3rd June) |  | 5.4 Exploration and research ideas  5.5 Selecting the design options | * Developing criteria * Research | Turkish delight or marshmallow  (Complex process – aeration/confectionary) | **Referencing Check- Must show evidence of resources used so far correctly referenced**  Work on design plan |
| 18  (10th June) |  | 5.6 Planning the production process | * Evaluation * Production plan | Students to bring in plate for presentation  Food photography  Food styling Practice Using icecream and sugar decorations. | **First production Plan, food order due for folio (ready for week 1 term 3**  Work on design plan |
| 19  (17th June) |  |  | * Continue with SAT work | Complex process- working with chocolate, melting and tempering  P92 Food solutions Chocolate truffles with caramalised hazelnuts | **Second production Plan, food order due for folio (ready for week 2 term 3)**  Test your knowledge  Practice exam question  **Design plan draft due(final due 1st week of term3** |
| 20  24th June | ??? Exams?? |  |  | Excursion to Scorched restaurant- plating ideas and presentation. Food pairing and creative ideas ideas. | **Third production Plan** |