**Course Outline – Unit 1 All references including video, Power Points and textbook references are on the VCE food unit 1 weebly**

[**www.scscvcefoodtech.weebly.com**](http://www.scscvcefoodtech.weebly.com)Unit 1: Food safety and properties of food

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| **Week** | **Area of study** | **Book reference** | **Key knowledge** | **Production task** | **Activities** |
| 1 | 1. Keeping food safe | 1.1  1.2 | * Understanding what sensory, physical and chemical properties are in relation to food * Evaluation and comparing foods using senses | No production, prepare for risotto | Show overview of unit 1 Power Point  Food storage activity  Sensory testing- tasting and recording using sensory properties charts  What are production plans? What is expected before practical classes  Homework to read chapter 1 and complete test your knowledge questions. |
| 2 |  | Ch. 2.1 intro to food safety | * Food hygiene * Safe food handling * Food storage * Cross-contamination   Safe use of tools and equipment | No practical class  Risotto with chicken Complex process-risotto/gelatinisation | Holiday homework-check  KK 1 Concept Map to see current knowledge on food spoilage/hygiene  Build terminology on concept map  And  Concept map about tools and safety considerations(this will be used to cut and paste into production plans) knives, avoiding burns and scalds(hazards and precautions), microwaves, slips, spills and other risks (messy work space) |
| 3 |  | Ch. 2.2  Ch. 2.3 | * Causes of food spoilage * Causes of food poisoning | Excursion booked 10.30-12.30 Zeally Bay Sour Dough/ Farm Foods Torquay  Excursion to Zeally bay sourdough | KK2 Present a power Point presentation or prezi after excursion to Food business |
| 4  (18th Feb) |  | Ch. 2.4  Ch 2.5 | **Outcome 1: test** | P 124 Bread making (Complex process – yeast making,)  Making a plaited focaccia with cheese and herbs and caramelised onions  Gluten? What is it and how do we activate in this process  **Practical work and production tasks form part of outcome 2 Key foods/Properties and complex processes connected with the key terms** | **‘What do we know so far’ activity**  **Revision for outcome 1**  **[Outcome 1 test conditions](http://scscvcefoodtech.weebly.com/uploads/1/5/4/vcefood_outcomes/new_outcomes/VCE F&T 2013 Unit 1.1 Test.pdf)** |
| 5  (25th Feb) | **2:** **Food Properties, Preparation** | Ch 3.Fruits and vegetables, nuts and legumes | * Origin * Structure * Classification * Considerations in food selection * Physical, chemical and sensory properties * storage | Shortcrust pastry, blind baking  (complex process-pastry making)  Frangipane fruit tart | Immersion activity-a Taste test of of food products using a variety of grains. Worksheet  KK 1  Creating a class quizlet  Creating a prezi  Oral presentation with a hands on practical learning activity  Concept map  Power Point  Game quiz activity for groups of students    What are the key food groups? |
| 6  (4th march) |  | Ch 4 cereals | * Ethical issues * Functional properties * Changes during processing | P164 Spinach and ricotta agnolotti with a brown butter, hazelnut and sage sauce  (Complex process – pasta making) | KK2 Continue with same options but must choose a different presentation method to KK1 |
| 7 (11th Mar)  Labour day holiday, mon |  | ch 5 meat, seafood and eggs | prepare selected key foods to demonstrate functional properties in food preparation and processing, including denaturation, coagulation, aeration, Maillard reaction, dextrinisation and gelatinisation  • compare physical and sensory properties of selected key foods before and after food preparation   * and processing | No prac-Labour day | KK3 Continue with same options but must choose a different presentation method to KK1 |
| 8  (18th Mar) |  | ch 6 dairy foods | * Natural food components: enzymes, proteins, sugar * Functional properties | cheese making-mozzarella cheese | KK4 Continue with same options but must choose a different presentation method to KK1 |
| 9  (25th Mar)  End of term 1 |  | ch 7 fats,oil, salts and sugars | * 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-Deep frying | KK5 Continue with same options but must choose a different presentation method to KK1  How to write a design brief, understanding specifications of brief and criteria of evaluations |
| 10  Start term2  (15th April) |  | Ch 8  Introducing the design process |  | [**Outcome 2 Design task written report**](http://scscvcefoodtech.weebly.com/uploads/1/5/4/vcefood_outcomes/new_outcomes/VCE%20F&T%202013%20Unit%201.2%20Practical%20production,%20documentation%20and%20test.pdf)  **Prac 1** design task around the key food’ cereal’ and ‘vegetable’ Designing a vegetable risotto | Production plan and food order for production Lab Activity on gelatinisation and dextrinisation |
| 11  (22nd April) |  | Ch 9. | Evaluating tools and equipment | Preserving with lemons  Preserved lemons  lemon curd | KK6 Evaluating tools and equipment  Test your knowledge/apply understanding questions ch 9 select qu.  Practice exam question |
| 12  (29th April) |  | Moist methods of cooking  Ch 9 Microwave cooking vs induction vs radiation, conduction | * Wet methods of cooking * Microwave cooking | Master stock pork ribs, coriander and chilli peanut salad and sticky soy  (Wet method cooking) | **\*\*Design brief mini SAT draft due**  **Peer assessment of design brief**  Which way to cook vegetables?  Compare and contrast  Test your knowledge  Practice exam question |
| 13  (6 th May) |  | Ch 11  **Optimising food properties** | Decisions about preparation, cooking and presentation techniques play an important role in maximising the properties of key foods. All aspects can affect work flow and the final outcome of food production. | [Jointing a chicken and Moroccan chicken production](http://scscvcefoodtech.weebly.com/uploads/1/5/4/2Foodproperties_prep_processing/week12/technique_production.docx)  White and brown meat and differences and how this effects cooking technique | Heat transfer  Worksheet on different methods of cooking  **Final brief due**  **Criteria of eval draft**  Caution when deep frying  Wattage and power  Microwave has highs and lows  [**TEST COMPONENT OF SAC 2**](http://scscvcefoodtech.weebly.com/uploads/1/5/4/vcefood_outcomes/new_outcomes/VCE%20F&T%202013%20Unit%201.2%20Practical%20production,%20documentation%20and%20test.pdf) |
| 14  (13th May)  Top designs May14 th |  | Chapter 5: Developing a design plan  5.1 Establishing the brief  5.2 Criteria for evaluation | * Components of design brief * Writing a brief | Confectionary making  Apple pie caramels (Heston recipe)  Or honeycomb or marshmallow |  |
| 15  (20th May) |  |  |  |  | **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 ice-cream making) | 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 | **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?? |  |  |  | **Third production Plan** |