COURSE OUTLINE

UNIT 1 – FOOD SAFETY AND PROPERTIES OF FOOD

Area of Study 1 primarily focuses on keeping food safe for consumption. This will involve a study of food spoilage and food poisoning and how to work safely when preparing and cooking food.

Area of Study 2 primarily focuses on how foods are classified into specific food groups.
You will learn to analyse food according to its physical, sensory, chemical and functional properties.
The ‘Design Process’ will be implemented using real life clients and ethical considerations in food selection will be addressed.

ASSESSMENT TASKS
Short answer tests, production work, design responses, short written reports, oral reports and/or visual presentations.

Class Requirements-

1. An A4 lined exercise workbook which will be referred to as your ‘Journal’.
2. Text book as on the booklist.
3. Netbook operational, charged.
4. Diary if there is a necessity to leave the room.
5. Stationary & prompt arrival to class.
6. Minimum 80% attendance & catch up on missed work due to absence..
Practical classes

1. You will cook every week in the most suitable double lesson and will also participate in food testing and tasting.
2. Mature, responsible, hygienic and safe work practices of a high standard are expected at all times.
3. Students with any dietary requirements will be catered for.

What’s cooking?

1. Look carefully through your text book and you will see the wide selection of recipes on offer.
2. You will cook most of these recipes throughout the year.

Head Start 2015

- Use your text book to complete all the questions below.
- Your responses must be in full sentence form with subheadings that clearly indicate the focus of your answer.
- Responses must be recorded in your “Journal” and will form most of your preparation for Unit 1 Outcome 1.
- This ‘Head Start Task’ **MUST** be completed by week 1, 2015.
- You must keep up-to-date with set class and homework.
- The consequence of incomplete work may result in loss of cooking privileges and thus completion of written work during that time to encourage meeting work deadlines.
- Students who have not completed these questions will be referred to Senior School Leader.

_I am looking forward to a rewarding, memorable and challenging 2015._
Food Handling

1. Read pp.2-3 and complete the following – Please use full sentences in your response and complete all work in your journal.

a. Define the following terms – “safe” “food handling” “hygiene”
b. List the factors that “good food handling” involves.
c. Copy out the rules of good personal hygiene.
d. List the steps involved in correct hand washing.

2. Read Food storage practices on p. 4

a. Why is it so important for food to be stored correctly?
b. Choose 4 important points for the three storage areas listed – Refrigerator, Freezer and Pantry – note these down.
c. What is FIFO?
d. Make a list of the “high risk foods”

3. Complete table 1.2 on p.6

a. Explain the difference between “best before” and “use by” dates.
b. Explain what the term “cross contamination” means. How can it be avoided?


a. Complete activity 1.5 on p.12
b. Copy out the 10 tips for safe food.