



PRACTICAL COOKING SCHEDULE
YEAR 9 HEC003
On the Move

TEACHER: Mrs Foley

SEMESTER 1, 2009

TERM 1

WEEK	WK. ENDING	ACTIVITY
1	30 th Jan	NO COOKING - THEORY
2	6 Feb	Fruit Salad – base ingredients – apple orange banana
3	13 Feb	HEALTHY MUFFIN Bring own ingredients, muffin papers and take home container.” Day to Day” Pg 230, 231, 232 or 195, 197, 198, 207, 208, 231, 232
4	20 Feb	PASTA OR POTATO SALAD Knife Skills, Bring own ingredients and container. “Day to Day” Pg 103, 104, 107
5	27 Feb	Macaroni Cheese – Day to Day p128
6	6 March	SAVOURY SCONE RINGS Bring own ingredients and container. “Day to Day” page 223
7	13 March	FRIED RICE - Bring own ingredients and container. “Day to Day” Pg 127
8	20 March	FRUIT DESSERT- Dessert using cooked fruit “Day to Day” pg 150, 152, 217. Bring own ingredients and container
9	27March	Design Challenge - Practical Assessment
10	3 April	NO COOKING – MILK AND CHEESE TASTING Students to provide a piece of fruit/vegetable that can be served with a cheese platter
11	9 April	Assignment
	<u>HOLIDAYS</u>	

1. **NOTES:** Students are to bring **2 tea towels, work plan** in plastic sleeve for each prac.
2. The student is responsible for work missed owing to excursions, absences etc. when the remainder of the class continues with class work.
3. Absences for test (prac & theory) and assignments result in an E- rating except when entered in the register according to the school assignment policy. See Handbook.
4. Students should participate in 90% of practical work in order to be sure to fulfil the requirements for assessment.
5. For **all** cooking classes students **must** complete a work plan and wear covered shoes to participate in practical lessons.
6. A note must be bought from home **explaining** non-participation in practical work and this work must be caught up at lunch time..
7. Any drinks for class must be milk, juice or water – **NO** soft drinks.