<table>
<thead>
<tr>
<th>UNIT</th>
<th>TERM 3 and 4 TOPICS</th>
<th>ASSESSMENT</th>
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</table>
| 3    | What’s for breakfast and dinner?  
Topics include:  
- The Australian guide to healthy eating (AGHE)  
- How to plan a healthy breakfast.  
- 6 food nutrients  
- The structure, functions and sources of protein.  
- Eggs structure, cooking, nutrients.  
- Milk types, processing, nutrients and cooking  
- Cheese making, types and nutrients  
- Meat cuts, nutrients, cooking | Continuous Cookery Weekly plan  
1. Egg demonstration – scramble, poach, soufflé  
2. Egg and Rosti (college provide)  
3. Own choice breakfast in pairs (student provide)  
4. Cheese making demo and tasting  
5. Cook with cheese (student provide)  
6. Cook with milk eg quiche (student provide)  
7. Cook with meat eg stir-fry (student provide)  
8 & 9. Cook high protein meal (student provide)  
10. Own choice cookery | Students will record dates in their diary. |
| 4    | What’s in the Bag?  
- sources of fibres & fabric  
- characteristics, uses, and care of cotton, wool, linen and silk  
- parts of a piece of fabric  
- caring for fabrics & clothing labelling  
- synthetic fibre production | Practical Textiles  
One Note assignment.  
Practical Skills: Pencil Case/Bag | Exam  
Short response  
Week 9  
9A: 13th September  
9B: 14th September  
9C: 14th September |  
One Note and practical  
Week 7 |