



YEAR 11/12 Home Economics
Units: Food Nutrition and the Life Cycle/
The child in the Australian Family
COOKING SCHEDULE - Semester 2 – 2009

Table with 5 columns: DATE, DAY, SESSION, COOKERY, REQUIREMENTS. Rows include dates from 21 July to 13 November with details on sessions and requirements like ingredients, aprons, and dishes to take home.

After three (3) occasions of non-participation in a practical lesson, students will be demoted to a Level 3 Subject Card

Please Note: The school will provide small quantities of various herbs, spices, sauces, flavourings etc. which you may not normally have at home. In order to do this we need to know by the Tuesday of the week before the cooking day in case ingredients need to be included on our shopping order. Students will be made aware of this. All students must provide their own aprons. Students also need to try every possible avenue in order to cook if parents/caregivers are unhappy with choices we have made eg.

- Alter ingredients to suit diet or likes/dislikes (within reason).
- Reduce recipe and cook for fewer people (or multiply for more people).
- Cook for someone else who will provide ingredients (Grandma, neighbour, etc).

All students should provide their own aprons for all lessons in the kitchen. Failure to do this or provide their own ingredients when necessary will mean that students can expect to clean dishes for those who do the right thing. Demotion to a Level 3 Subject Card will occur after the third offence.

If there are any concerns, please let us know two (2) days ahead of time. Cooking is part of our normal learning processes. Please sign the tear-off slip below and return by ____/____/____.

✂-----

Student's Name: _____

[] Yes, I have received my Cooking Schedule

Comments: _____

Signature Parent/Guardian: _____ Date: ____/____/____



HEC 101B 2009 (Term 3) - "JUST THE BEGINNING"

COOKING SCHEDULE – Mrs Skinner

DATE	DAY	SESSION	COOKERY	REQUIREMENTS
29 April	3	4	Fruit Salad (Group Cookery)	- Nil – School provides ingredients - Apron
4 August	5	3	Hawaiian Muffins	- Own ingredients - Apron
6 August	7	2	Bacon and Vegetable Slice	- Own ingredients - Slice tray or similar - Apron
10 August	9	1	Fruity Oat Slice	- Own ingredients - Slice tray - Apron
17 August	5	3	Scones (Quick Mix)	- Own ingredients - Container to take cooking home - Apron
19 August	7	2	Apple Crumble	- Own ingredients - Container to take cooking home - Apron
27 August	3	4	Bread Cases (Group Cookery)	- Nil – School provides ingredients - Apron
31 August	5	3	Wholemeal Patty Cakes	- Own ingredients - Container to take cooking home - Apron
2 September	7	2	Macaroni Cheese	- Own ingredients - Casserole dish/pie plate/cake tin - Apron
15 September	7	2	Hamburgers and Milkshakes	- \$2.00 - Apron

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Signature Parent/Guardian: _____



HEC 101A (Term 4) - "JUST THE BEGINNING"
COOKING SCHEDULE – Mrs R Young



DATE	DAY	SESSION	COOKERY	REQUIREMENTS
14 October	9	1	Fruit Salad (Group Cookery)	- Nil – School provides ingredients - Apron
20 October	3	4	Hawaiian Muffins	- Own ingredients - Apron
22 October	5	3	Bacon and Vegetable Slice	- Own ingredients - Slice tray or similar - Apron
28 October	9	1	Fruity Oat Slice	- Own ingredients - Slice tray - Apron
2 November	3	4	<u>Demo</u> Scones & Apple Crumble (Quick Mix)	- Nil – School provides ingredients - Apron
4 November	5	3	Scones (Quick Mix)	- Own ingredients - Container to take cooking home - Apron
6 November	7	2	Apple Crumble	- Use canned apples or Apples pre-cooked at home - Own ingredients - Slice tray or similar - Apron
10 November	9	1	<u>Demo</u> Small Cakes	- Nil – School provides ingredients - Apron
13 November	3	4	<u>Demo</u> Bread Cases	- Nil – School provides ingredients - Apron
17 November	5	3	Small Cakes	- Own ingredients - Container to take cooking home - Apron
26 November	3	4	Macaroni Cheese (2 nd recipe)	- Own ingredients - Casserole dish/pie plate/cake tin - Apron
30 November	5	3	Hamburgers and Milkshakes	- \$2.00 - Apron

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Signature Parent/Guardian: _____ **Date:** ____/____/____



HEC 301 – Mrs R Young – Semester 2, 2009
“A CHEF’S PASSPORT”

COOKING SCHEDULE

DATE	DAY	SESSION	COOKERY	REQUIREMENTS
Mon 03 Aug	4	1	Bakewell Pudding	- Own ingredients - 20cm pie dish or flan or similar
Mon 10 Aug	9	3	Damper	- Flour & variations - School supplies butter and salt
Fri 14 Aug	4	1	Anzac Biscuits	- Own ingredients - School supplies bicarbonate soda - Container to carry home
Mon 24 Aug	9	3	Chicken & Almonds or Chicken Chow Mein	- Own ingredients - School supplies sesame oil, peanut oil, other oil and soya sauce - Container to carry home
Wed 26 Aug	2	2	Fried Rice (Rice – pre-cooked at home)	- Own ingredients - School supplies oil - Extras as required - Container to carry home
Wed 02 Sep	7	4	Demonstration – Spaghetti Carbonara	- School supplies ingredients
Fri 04 Sep	9	3	Pizza and Italian Bread	- Own ingredients - Pizza tray
Tues 08 Sep	2	2	Antipasto and Cheese & Fruit Platter	- Group cook - School supplies ingredients
Tues 15 Sep	7	4	Demonstration – Almond Diamonds	- School supplies ingredients
Thurs 17 Sep	9	3	Madras Curry or Keema	- Own ingredients - School supplies garam masala, chilli powder, cardamon, turmeric, dry mustard, cumin seed, butter, oil - Container to carry home
Wed 07 Oct	4	1	Quiche Lorraine	- Own ingredients - Quiche/pie plate
Mon 26 Oct	7	4	Chilli con Carne	- Own ingredients - School supplies chilli powder, basil, oil, tomato paste, sugar and soya sauce - Container to carry home
Fri 30 Oct	2	2	Mexican Wedding Cookies	- NIL - Group Cooking
Tues 10 Nov	9	3	Practical Cookery Test TBA	- Own ingredients - Container to carry home
Thurs 12 Nov	2	2	Demonstration - Yakisoba	- School supplies ingredients
Wed 25 Nov	2	2	Own Choice from any Country already studied	- Own ingredients - Container to carry home

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Please sign the tear-off slip below and return by Monday, 03 August. Thank you.

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Comments: _____

Signature Parent/Guardian: _____

Date: ____/____/____