# COURSE OVERVIEW

**Subject:** Year 8 Home Economics  
**Semester:** 1  
**Teacher/s:** Liza Rebelo  
**Year Group:** 8

## Course Overview

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| 1  | Introduction  
Revision: Hygiene and Safety  
Exploring the Equipment  
Australian Healthy Eating Guide | Poster on Promoting the Dietary Guidelines |
| 2  | Poster on Dietary Guidelines  
Practical Session: Breakfast Pancakes | |
| 3  | How much Food Do We Need?  
What is a Serve?  
Practical Session: Berry Good Banana Muffins | |
| 4  | Sample of a Meal Plan  
Calculate Daily Energy Needs  
Calculate Nutritional Requirements  
Practical Session: Greek Souvlaki | |
| 5  | Create a Meal Plan  
Practical Session: Carrot Cake | Meal Plan  
Food Order Sheets  
Production of Lunch Meal  
Evaluation |
| 6  | Food Order Sheets/ Recipe for Lunch Meal  
Practical Session: Spaghetti Bolognese | |
| 7  | Continue with assessment Task  
Practical Session: Chocolate Soufflé | |
| 8  | Easter Activity  
Practical Session: TBA | |
| 9  | Production of their Lunch Meal  
Practical Session: Production of their Lunch Meal | |
| 10 | Labelling  
Practical Session: Apple and Pear Crumble | Worksheets/Portfolio |
| 11 | Introduction Textiles  
Revision: Sewing Equipment  
Sewing Machine Parts  
Threading the Machine  
Setting Up Sewing Machine  
Straight, Zig Zag Stitching  
Overlocking Seams | Worksheets  
Threading Machines  
Observation  
Samples |
| 12 | Different Types of Fabrics  
Different Parts of a Fabric  
Reading Patterns  
Body Measurements | Worksheets  
Observation |
| 13 | Production of Pyjama Pants | Observation Students  
Evaluation of Production |
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**ASSESSMENT POLICY**
1. Assessment tasks that have not been completed to the best of a student’s ability (e.g. Untidy presentation, no indication of proof-reading / poor spelling or grammar, illegible writing) will be returned for rectification and submission the next school-day, with loss of 5% of allocated marks (rounded up to nearest whole mark).

2. At the time an assessment task is assigned, a DUE DATE will be notified.

3. Failure to complete or submit the assessment task on the due date without reasonable cause will incur:
   - Late 1 school-day: Loss of 10% of allocated marks (rounded up)
   - Late 2 school-days: Loss of 20% of allocated marks (rounded up)
   - Late 3 school-days: The work will not be accepted and parents notified (E-mail or ‘phone)

4. When a student is absent on the day an “in-class” assessment task is administered, s/he will be:
   a. expected to complete the assessment task at the earliest opportunity that is convenient for both student and teacher, provided the absence is Authorised within the meaning of the Education Act (i.e. An ‘R’ or ‘E’ absence code is entered for the entire day in the College’s absenteeism records)
   b. deemed to have not completed the assessment if the absence is unauthorised (i.e. a ‘U’ or ‘V’ code is entered for the day in the College’s absentee records), with a mark of 0 awarded for that assessment.