

FCE110114 – Food & Cooking Essentials

10 TCE Points



You will work through the following units as part of Food and Cooking Essentials

Unit 1: Food and Personal Safety

Learn how to keep food safe by storing, preparing, and handling it correctly. Master freezing and thawing techniques, prevent food spoilage, and maintain a clean kitchen. Follow personal hygiene and safety rules to avoid food poisoning and accidents.

Unit 2: Food Preparation

Get hands-on in the kitchen by following recipes, measuring ingredients accurately, and cooking a range of healthy meals. Experiment with cooking methods like steaming, grilling, and baking to create delicious dishes such as salads, soups, and lean meat meals.

Unit 3: Healthy Food and Lifestyle Choices

Discover how to fuel your body with the right foods by following the Australian Guide to Healthy Eating. Learn how balanced meals and an active lifestyle can help prevent health issues like obesity and heart disease while keeping you energized and feeling great.

Unit 4: Food and the Consumer

Make smart food choices by reading labels, budgeting wisely, and selecting nutritious, cost-effective options. Learn how to shop smarter by buying in bulk, choosing seasonal foods, and cooking at home. Practice social dining skills by setting the table, serving food, and using proper table manners.

How you'll be assessed:

Common types of internal assessments are:

- Short answer work booklets
- Practical cookery lessons

To be successful in this subject, students will need to

- Participate in practical lessons
- Complete written work

COMPLETION OF WORK POLICY

Assessment due dates are provided in the Program of Learning and on Canvas. Work must be submitted by the due date unless an approved extension has been granted. Unapproved late submissions will incur penalties as outlined in the *Completion of Work Policy*. Students needing extensions should contact their subject teacher before the due date with valid reasons, such as illness or unforeseen circumstances.

For more details refer to the Launceston College: [Completion of Work Policy](#).

ACADEMIC INTEGRITY

All senior secondary students in Tasmania are expected to uphold academic integrity, meaning they complete their work honestly and fairly. This includes properly referencing any ideas, images, or information borrowed from others, allowing teachers to distinguish between original and sourced content.

Assignments will be submitted through Canvas, email, hard copy as directed in the task sheet.

For more details, refer to the Launceston College: [Academic Integrity Policy](#).

COURSE DOCUMENT

The TASC website provides considerable information about the course. [Food and Cooking Essentials - TASC](#)

OTHER COURSE REQUIREMENTS

Students will need to wear PPE in practical lessons. An apron and hair net will be provided by the College. Students will need to wear closed in shoes and sleeved tops.

Week	Date	Program of Learning 2025	Notes / Assessments
1	6 Feb	Unit 1 – Food & Personal Safety Personal hygiene and safety	Yr 11s and 12's return February 8 (Thursday) Unit focus -criteria 3 and 4
2	10 Feb	First Aid/safety procedures in the kitchen	
3	17 Feb	Safe food storage / knife skills	
4	24 Feb	Unit 2 – Follow Recipes & Prepare Food What's in a recipe	Wed 26 Feb – Launceston Cup
5	3 Mar	Measuring and equipment	
6	10 Mar	Using the oven, microwave & airfryer Cake making methods	Mon 10 Mar – Public Holiday
7	17 Mar	Cookery terms and abbreviations	
8	24 Mar	Piping skills and Pastry	
9	31 Mar	Café foods	
10	7 Apr	Raising agents	
Term 1 break – Saturday 12 April – Sunday 27 April			
1	28 Apr	Unit 3 – Healthy Foods & Lifestyle Choices Breakfast choices – ADG nutrients	Unit focus criteria 1, 3 and 4
2	5 May	ADG – meal planning	
3	12 May	Planning a dinner	
4	19 May	Are you eating a balanced diet?	
5	26 May	Table settings / social skills	
6	2 June	Sugar and salt in the diet	
7	9 June	Function of fat in the diet	Mon 9 June – Public Holiday
8	16 June	Function of carbohydrates in the diet	
9	23 June	Function of protein in the diet	Mid-Year Assessments Level 3 & 4
10	30 June	Function of fibre in the diet	Mid-Year Assessments Level 3 & 4
Term 2 break – Saturday 5 July – Sunday 20 July			
1	21 July	Unit 4 – Food & the Consumer Reading food labels	Unit focus criteria 2, 3 and 4.
2	28 July	Sources of purchasing food	
3	4 Aug	Managing food costs	
4	11 Aug	Take-away foods - commercial v's homemade	
5	18 Aug	<i>Cooking around the world</i> Nasi Goreng , Chinese Cashew Chicken	
6	25 Aug	<i>Cooking around the world</i> Tacos, Sushi	
7	1 Sep	<i>Cooking around the world</i> Japanese pancake, Chicken tortillas	
8	8 Sep	<i>Cooking around the world</i> Gozleme, Foccacia	
9	15 Sep	<i>Cooking around the world</i> Spring rolls, rissoles and potato bake	
10	22 Sep	<i>Cooking around the world</i> Golden syrup dumplings	
Term 3 break – Saturday 27 September – Sunday 12 October			
1	13 Oct	Baking Gingerbread House	
2	20 Oct	Decorating Gingerbread House	
3	27 Oct	Christmas Cooking	Fri 31 Oct - Moderation Day (LC students work from home)
4	3 Nov	Christmas Cooking	Mon 3 Nov – Public Holiday
Exams begin (Monday 10th November) - Exams end (Thursday 20th November)			

ASSESSMENT

Criterion-based assessment helps students see how well they're meeting course outcomes at the end of their study. While there is continuous feedback to guide learning, final assessments focus on showing what students have achieved by the end. Ratings are given as 'A', 'B', or 'C', based on course standards. A 't' indicates partial achievement below a 'C', and a 'z' means no evidence provided.

Schools follow TASC's quality assurance to keep standards consistent. More details are on the [TASC website](#). Final awards are based on both internal and TASC-supervised external assessments.

Criteria

The assessment for Food and Cooking Essentials Level 1 will be based on whether the learner can:

1. identify, select and describe the benefits of healthy foods
2. identify and use basic food consumer knowledge in food choices
3. follow essential food safety and hygiene procedures
4. follow recipes and prepare basic foods

Award Requirements

The minimum requirements for an award in Food and Cooking Essentials Level 1 are as follows:

Satisfactory Achievement (SA) 'C' ratings in all 4 criteria

Preliminary Achievement (PA) 'C' ratings in 3 criteria