



Cultural, religious, spiritual  
influences



Discovers that food is part of traditional celebrations around the world and at home.

### Healthy take-away!

Invite parents with various cultural backgrounds to prepare and share food used in traditional celebrations with the class and provide more information about the celebration or other aspects of their culture (eg music, dress, customs).

#### Australian Curriculum exemplars

English: Literacy: Interacting with others, Interpreting, analysing, evaluating [ACELY1784, ACELY1656, ACELY1788, ACELY1677, ACELY1678]

Maths: Measurement and Geometry: Location and transformation [ACMMG044]

#### General Capabilities

Intercultural understanding, Literacy, Critical and creative thinking, Numeracy, ICT competence, Personal and social competence

#### Cross Curriculum Priorities

Asia and Australia's engagement with Asia

#### Websites to support inquiry

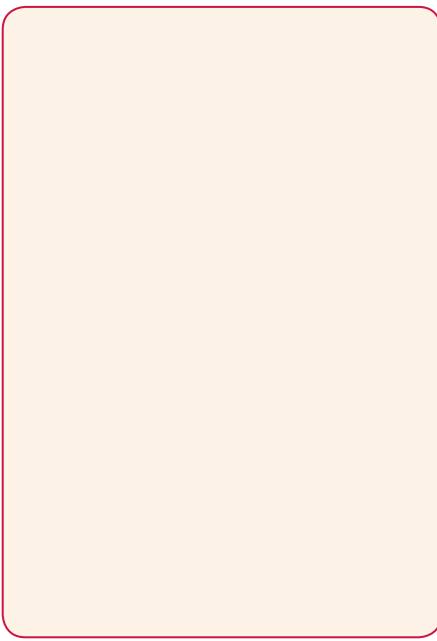
Classroom friendly Cultural Events and Celebrations Calendar  
[www.multicultural.sa.gov.au](http://www.multicultural.sa.gov.au)

Information on Vietnamese New Year  
[www.adoptvietnam.org/vietnamese/tet-lessonplan.htm](http://www.adoptvietnam.org/vietnamese/tet-lessonplan.htm)

#### Food and Celebrations

KWWSV ZZZ EHWWHUKHDOWK YL F  
KHDOWK YLGHRV FHOHEUDWLRQV  
ELUWKGD\ SDUWLHV

eatwell SA healthy eating guidelines



# Food and celebrations from around the world

Name ..... Date .....

Dear Parent,  
We are learning about food and celebrations from around the world. Your child has been asked to interview three people about their favourite celebrations. Please assist your child to collect this information. Completed information needs to be returned to school by \_\_\_\_\_. Thank you

	Name of favourite celebration	Reason for celebration	Favourite food eaten at celebration	My own question:
Person 1				
Person 2				
Person 3				



# Bush tucker

Identifies traditional Indigenous bush tucker food.

## Prior knowledge and lesson preparation

Read *Waterlilies* by Diane Lucas to the class to explore Indigenous use of Australian plants and seeds. Through class discussion, children list different types of bush tucker foods mentioned in the story.

## Focus inquiry

In groups of 3, children investigate types of food hunted and gathered for eating (bush tucker) by traditional Indigenous Australians and Torres Strait Islanders. Make a wall chart of bush tucker vocabulary, adding to the list throughout the investigation. Compare bush foods to similar familiar foods we eat today. Compare the lifestyles of Pre-invasion Indigenous Australians to those of today in relation to hunting and gathering food to eat.

## Further inquiry

Take an Australian Plant Use virtual tour on [www.botanic.sa.edu.au](http://www.botanic.sa.edu.au). Consider and discuss ways Indigenous Australians used these plants. Discuss the possible effect these practices had on the environment. Download the original Plant Use for the relevant age group and organise an excursion to the Botanic Gardens for a guided tour. Bookings are essential and can be made on line at [www.botanic.sa.edu.au](http://www.botanic.sa.edu.au)

Using the blank proforma of The Australian Guide to Healthy Eating (AGHE) (Refer Teaching support materials section of this kit), classify bush tucker foods into appropriate food groups. Compare results to the Aboriginal and Torres Strait Islander version of the Guide (refer page 7). Find out more about a bush tucker food of your choice including how and why this food was hunted or gathered and draw conclusions about whether or not the food chosen contributed to a healthy diet. Present and share your findings creatively.

### Appetiser!

Did you know that you can roast the quandong nuts and then grind them to make a flour? You will need to crack the seed first.

How to make a Quandong Pie. Refer to recipe provided on the website. [www.plantsinaction.com.au](http://www.plantsinaction.com.au)

Tumbeela in the Adelaide Hills is a non-Aboriginal and Torres Strait Islander family that operate a bush food farm selling quandongs and other bush foods. Orders can be placed on line at [www.kwws.com.au](http://www.kwws.com.au)

### Australian Curriculum exemplar links

English Literacy Interacting with others, [ACELY1784, ACELY1647, ACELY1789, ACELY1667]  
 Science Science Inquiry Skills: Communicating [ACSIS029]  
 History Historical Skills: Chronology, Terms, Concepts, Analysis and use of sources [ACHHS016, ACHHS019, ACHHS032, ACHHS035]  
 Aboriginal Cultural Studies Resdource How do Australian Indigenous plants link to all of nature?

### General Capabilities

Intercultural understanding, Literacy, ICT competence

### Cross Curriculum Priorities

Aboriginal and Torres Strait Islander histories and cultures, Sustainability  
 †Document available via Education Services Australia Scootle.

### Websites to support inquiry

Use The Australian Guide to Healthy Eating to assist you to evaluate your recipe.  
 Recipes  
[www.globalgourmet.com/food/egg/egg0597/glossary.html#bunya](http://www.globalgourmet.com/food/egg/egg0597/glossary.html#bunya)  
<http://aso.gov.au/search/?q=bush+tucker>  
[www.bushtuckershop.com](http://www.bushtuckershop.com)  
 Historical perspective  
[www.aboriginalartstore.com.au/aboriginal-art-culture/aboriginal-food.php](http://www.aboriginalartstore.com.au/aboriginal-art-culture/aboriginal-food.php)  
[www.gondwananet.com/australia-facts-aboriginal-history.html](http://www.gondwananet.com/australia-facts-aboriginal-history.html)

Years 3–5 ●●

Cultural, religious, spiritual influences: Food for special occasions

## Cel-e-bra-tion!

Reports on food celebrations around the world.

### Prior knowledge and lesson preparation

Create a mind map based on children's knowledge of food celebrations around the world.

#### Australian Curriculum exemplar links

English Literacy Interacting with others, Creating texts, [ACELY1677, ACELY1792, ACELY1697, ACELY1700, ACELY1707]  
Language Language for interaction, Text structure and organisation [ACELA1476, ACELA1488, ACELA1490]

#### General Capabilities

Intercultural understanding, Literacy, Critical and creative thinking, Numeracy, ICT competence

#### Cross Curriculum Priorities

Asia and Australia's engagement with Asia

#### Websites to support inquiry

Classroom friendly Cultural Events and Celebrations Calendar  
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Information on Vietnamese New Year  
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#### Food and Celebrations

[www.szzehwwhukhdowk.ylfjrykhdqwk.rv.fhoheudwlrqv.khdowk.kgd.sduwlhv](http://www.szzehwwhukhdowk.ylfjrykhdqwk.rv.fhoheudwlrqv.khdowk.kgd.sduwlhv)

Learning about other cultures using penpals

[www.surfnetkids.com/penpals.htm](http://www.surfnetkids.com/penpals.htm)

# Cultural, religious, spiritual influences: Food from other countries

## Around the world challenge



Describes the origin of popular foods such as pasta, nachos, yiros, sushi.

### [Australian Curriculum exemplary links](#)

EnglishLiteracy: Interacting with others, Creating texts, Interpreting, analysing, evaluating [ACELY1676, ACELY1687, ACELY1682, ACELY1678, ACELY1707]  
Language: Language for interaction [ACELA1477]

### [General Capabilities](#)

Intercultural understanding, Literacy, Critical and creative Thinking, Numeracy, ICT competence

### [Cross Curriculum Priorities](#)

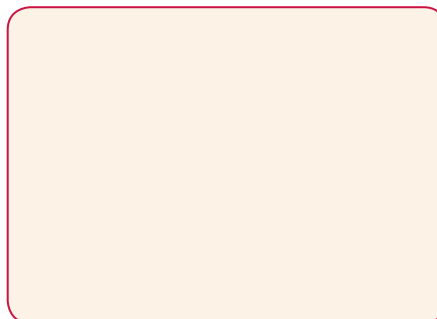
Asia and Australia's engagement with Asia

### [Websites to support inquiry](#)

Everything you want to know about Greek Food  
[www.greecefoods.com](http://www.greecefoods.com)

Global Gourmet [www.globalgourmet.com/destinations/#axzz1PsnHudu1](http://www.globalgourmet.com/destinations/#axzz1PsnHudu1)

Food from around the world  
<http://ethemes.missouri.edu/themes/1390>









Explains changing food choices of Indigenous Australians over time

**Australian Curriculum exemplary links**

EnglishLiteracy: Interacting with others, Creating texts [ACELY1792, ACELY1682, ACELY1694, ACELY1700] Literature: Creating literature [ACELT1607] Language: Language for interaction, Text structure and organisation [ACELA1488, ACELA1490] HistoryHistorical Skills: Chronology, Terms, Concepts, Historical questions and research, Analysis and use of sources, Explanation and communication [ACHHS084, ACHHS067, ACHHS9068, ACHHS071] Historical Knowledge and Understanding: First contacts, The Australian colonies [ACHHK080, ACHHK094] Aboriginal Cultural Studies Resource [http://www.austlii.edu.au/au/other/dfat/special/aboriginal\\_cultural\\_studies\\_resource/](#) has our local environment changed over time?

**General Capabilities**

Intercultural understanding, Literacy, Critical and creative thinking

**Cross Curriculum Priorities**

Aboriginal and Torres Strait Islander histories and cultures, Sustainability

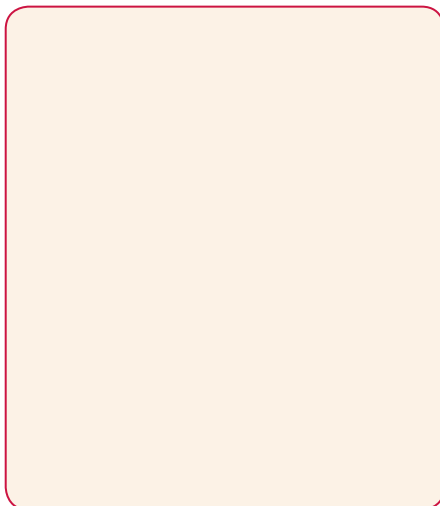
†Document available via Education Services Australia Scootle.

**Websites to support inquiry**

UseThe Australian Guide to Healthy Eating to assist you to evaluate your recipe.

**Recipes**

[www.globalgourmet.com/food/egg/egg0597/glossary.html#bunyaww.6w2](http://www.globalgourmet.com/food/egg/egg0597/glossary.html#bunyaww.6w2) to <004B00 AustrTj 0-13.4105</A8950241360.024er0-13.3 1 6 ge a Tf3TouchUp\_5 51E 15 MP 6f 0strTjTj 0id<tu22 A-tu8640241501 0d24>13.3 1 6f 0 Tw ( )T0 0 9.5 51





Plans and prepares cultural food using traditional recipes and cooking methods for others.

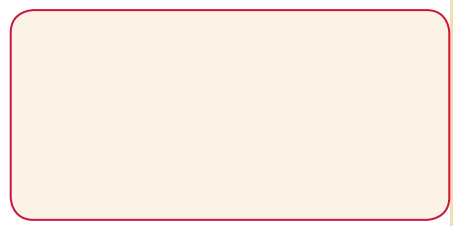
**Appetiser!**  
Important: Whenever involving children in food preparation activities:  
> The importance of preparing and cooking food safely and hygienically should be discussed and understood.  
> Parents need to be consulted about possible food allergies prior to the activity and ensure clear labelling of all ingredients.

**Australian Curriculum exemplar links**

English: Literacy: Interacting with others, Creating texts [ACELY1714, ACELY1720, ACELY1725], Language: Expressing and developing ideas [ACELA1524]

Maths: Measurement and Geometry: Using units of measurement [ACMMG138]

Number and Algebra: Money and financial [ACNA151]



# Food from around the world: Cooking food critique

Name ..... Date .....

Name of food:

What part of the world is it from?

Ingredients:

An ingredient I haven't heard of before is:

What did it smell like?

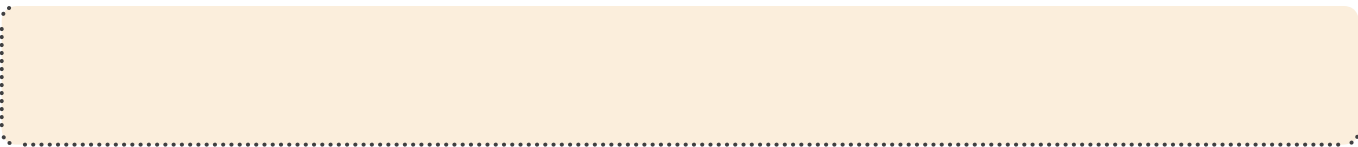
What did it taste like?

What different food colours do you see in this dish?

Would you cook this again at home? yes / no

Flag

Star Rating (according to personal taste): /5



Years 6–7

Cultural, religious, spiritual influences: Indigenous Australian food customs

## Preparing bush tucker

Analyses food and food preparation customs and prepares traditional foods of Aboriginal and Torres Strait Islanders.

### Healthy take-away!

Organise a Parent Evening to share students' research findings and taste traditional Indigenous food or familiar non Indigenous food with an Indigenous influence.

#### Australian Curriculum exemplar links

EnglishLiteracy: Creating texts, Interpreting, analysing, evaluating [ACELY1717, ACELY1713]

ScienceScience Understanding: Biological sciences [ACSSU094]

HistoryHistorical Skills: Historical questions and research, Explanation and communication [ACHHS120, ACHHS119, ACHHS125] Historical Knowledge and Understanding: Australia as a nation [ACHHK116]

#### General Capabilities

Intercultural understanding, Literacy, ICT competence, Critical and creative thinking

#### Cross Curriculum Priorities

Aboriginal and Torres Strait Islander histories and cultures, Sustainability

#### Websites to support inquiry

UseThe Australian Guide to Healthy Eating to assist you to evaluate your recipe.

#### Recipes

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

#### Historical perspective

[www.aboriginalartstore.com.au/aboriginal-art-culture/aboriginal-food.php](http://www.aboriginalartstore.com.au/aboriginal-art-culture/aboriginal-food.php)

[www.gondwananet.com/australia-facts-aboriginal-history.html](http://www.gondwananet.com/australia-facts-aboriginal-history.html)

