

Australian Native Food Education Kit

This unit of work has been designed to support the Australian Curriculum. As assessment practices vary from school to school, teachers are encouraged to modify the assignment to suit their school's assessment design criteria.

CURRICULUM CONTENT DESCRIPTIONS

Analyse how characteristics and properties of food determine preparation techniques and presentation when designing solutions for healthy eating ([ACTDEK033](#))

Elaborations:

- Planning and making quality, safe and nutritious food items, using a range of food preparation tools, equipment and techniques.

Native Australian Ingredients Assignment

You have been approached by a Native Australian Ingredients company such as Creative Native Foods to promote a native Australian ingredient.

The aim of the promotion is to encourage Australians to use native Australian ingredients in healthy family meals.

The company has asked you to choose a native Australian ingredient, design and cook a healthy meal or a food product incorporating the native Australian ingredient. You are also required to create a recipe card/pamphlet for the ingredient. The recipe card/pamphlet should educate people about native Australian ingredients and provide them with a recipe so that they can cook with native Australian ingredients at home.

The recipe card/pamphlet could include:

- Information about the ingredient such as how it is grown, where it is grown, what it looks like – this could include a picture, where people can buy it, what forms it can be purchased in eg. fresh, frozen, dried. What it smells and tastes like. (Section 1)
- A recipe incorporating the ingredient and possibly a picture of the finished dish or product. (Section 2)
- Testimonials from people who have tried your recipe - commenting on the dish and the flavour of the native Australian ingredient. (Section 3)
- A couple of suggestions for other dishes that could incorporate the native Australian ingredient. (Section 4)

The Task:

Your teacher will provide you with a native Australian ingredient.

- 1) Investigate your native Australian ingredient in order to find information for section one of your recipe card/pamphlet. Make notes about your findings and generate a reference list of your resources.
- 2) Find, design or adapt an existing recipe to incorporate your native Australian ingredient. Your teacher may ask you to modify your recipe to serve one or two people.
- 3) Submit a food order and a production plan/time plan to produce your recipe at school.
- 4) Make your recipe and take photographs of the finished dish/product.
- 5) Ask at least two people to taste your food and provide you with feedback for your testimonials.
- 6) Produce your card/pamphlet. Your teacher may provide you with a template or an example of a card/pamphlet.
- 7) Evaluate the success of your practical and the recipe card/pamphlet - your teacher will provide you with a scaffold for your evaluation.



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For more information, please email us at sales@creativenativefoods.com.au or order online.

Creative Native Foods acknowledges the traditional owners, past, present and future of the land on which we live and work, as the First People and Custodians of this country. It's our policy to engage with and support Indigenous enterprises in the commercial native food industry wherever possible.

