



Stage 5 Food Technology: Year 9

Focus area: Food in Australia

Migration has had a dramatic effect on the food eaten in Australia. Students will examine the history of food in Australia, beginning with traditional bush foods prepared by Aborigines, the influence of early European settlers together with continuing immigration from a variety of cultures and examine the subsequent effects on contemporary Australian eating patterns. Students will plan and prepare safe foods, which reflect the eclectic nature of Australia cuisine.

Focus outcomes

A student:

- 5.3.2 justifies food choices by analyzing the factors that influence eating habits
- 5.5.1 selects and employs appropriate techniques and equipment for a variety of food-specific purposes
- 5.5.2 plans, prepares, presents and evaluates food solutions for specific purposes
- 5.6.1 examines the relationship between food, technology and society

Core (C) outcomes

A student:

- 5.1.1 demonstrates hygienic handling of food to ensure a safe and appealing product
- 5.3.1 describes the relationship between food consumption, the nutritional value of foods and the health of individuals and communities

Time allocation: 8 weeks (Term 1) 2 blocks (at 75 minutes)

Outcomes	Students learn about:	Students learn to:	Teaching and learning strategies	Register
The following elements of quality teaching will be addressed: background knowledge, cultural knowledge, knowledge integration, inclusivity, connectedness, narrative, engagement				
2 weeks 5.3.2	<ul style="list-style-type: none"> use of foods native to Australia early European influences including: <ul style="list-style-type: none"> diet of early 	<ul style="list-style-type: none"> investigate traditional and contemporary use of native/bush foods modify a recipe to include traditional ingredients/bush foods discuss the impacts of early European influences (impact of migration on food habits) consider the nutritional implications to 	Food native to Australia <ul style="list-style-type: none"> Class reads article on bush tucker from 'The Food We Eat', <i>The Australian</i>, August 2003. Brainstorm knowledge of local foods (quandong, lillipilli, etc.) Aboriginal elder visit: lecture on traditional foods Video on diabetes and Aborigines: <i>Food:</i> 	

Outcomes	Students learn about:	Students learn to:	Teaching and learning strategies	Register
5.3.1	<p>Europeans</p> <ul style="list-style-type: none"> – introduction of new foods to Australia <p><i>Core</i></p> <ul style="list-style-type: none"> • influences on food selection and the subsequent effects on health 	<p>indigenous Australians of less traditional food being eaten as a consequence of European settlement</p> <p><i>Core</i></p> <ul style="list-style-type: none"> • outline how diet can assist in preventing and managing dietary disorders 	<p><i>Aboriginals, Problems, Health</i> (Classroom Video)</p> <ul style="list-style-type: none"> • <i>Practicals:</i> <ol style="list-style-type: none"> 1) Billy tea and damper (European style) 2) Damper (Aboriginal style), include revision of safe, hygienic work practices 3) Macadamia nut cookies, include revision of oven management, measuring, safe work practices 	
<p>The following elements of quality teaching will be addressed: problematic knowledge, higher-order thinking, metalanguage, substantive language, engagement</p>				
2 weeks				
5.5.1	<ul style="list-style-type: none"> • multicultural influences including: <ul style="list-style-type: none"> – effects of immigration on lifestyle and food habits – types of foods and flavourings – preparation techniques and cooking methods 	<ul style="list-style-type: none"> • identify the major multicultural influences on contemporary Australian diets • investigate/examine the food habits of a specific culture 	<p>Multicultural influences</p> <ul style="list-style-type: none"> • Video on early influences • Note making on European/Asian influences • Brainstorm evolution of Australian eating habits • <i>Practicals:</i> <ol style="list-style-type: none"> 1) Anzac Biscuits (Traditional) 2) Chicken Stir Fry (Asian influence) 3) Moussaka (European influence) 	
5.5.2	<ul style="list-style-type: none"> • evolution of an Australian cuisine 	<ul style="list-style-type: none"> • discuss the defining characteristics of Australian food • design, plan and prepare safe food items, which reflect the changing nature of Australian cuisine 		
5.1.1	<p><i>Core</i></p> <ul style="list-style-type: none"> • food safety and hygiene practices including: 	<p><i>Core</i></p> <ul style="list-style-type: none"> • demonstrate safe, cooperative and hygienic work practices 		

Outcomes	Students learn about:	Students learn to:	Teaching and learning strategies	Register
	<ul style="list-style-type: none"> personal hygiene food hygiene safe work practices 	<ul style="list-style-type: none"> assess food handling requirements for a variety of situations 		
The following elements of quality teaching will be addressed: deep knowledge, deep understanding, knowledge integration, background knowledge, engagement, high expectations, social support, student's self regulation, student direction, inclusivity, problematic knowledge, higher order thinking, substantive communication, explicit quality criteria, connectedness, narrative				
2 weeks				
5.6.1	<ul style="list-style-type: none"> influences on food selection including <ul style="list-style-type: none"> physiological psychological geographical (topography and climate) social economic technological religious media and advertising 	<ul style="list-style-type: none"> examine the influences on food selection and changes in eating habits assess the relative impact of current circumstances on food selection examine the impact of media on food selection 	Influences on food selection <ul style="list-style-type: none"> Discussion on influences on food selection, e.g. the changes that occur with two working parents, breakfast on the 'go', peers, availability of food, money, etc. Note taking on influences including media impact. Demonstrate role of technology in preparation of food (showing fresh, frozen, dried, canned, sweetened milk, evaporated milk). Read article on religions, food laws, immigration (The Food We Eat). Complete exercises on above. <i>Practicals:</i> <ol style="list-style-type: none"> Pizza made on homemade scone dough base (compare taste, cost, availability, etc.). Apple Pie (using fresh, frozen, packaged pastry, fresh, canned, dried apple – class compares cost, taste, appearance). 	
5.6.2	<i>Core</i> <ul style="list-style-type: none"> the role of technology in the preparation of food domestically and the social implications 	<i>Core</i> <ul style="list-style-type: none"> discuss social implications of technological developments in domestic food preparation equipment 		
5.3.1	<i>Core</i> <ul style="list-style-type: none"> food consumption in Australia and the impact this has on nutrient intake and health 	<ul style="list-style-type: none"> relate the impact of changes in food consumption patterns to health 		

Outcomes	Students learn about:	Students learn to:	Teaching and learning strategies	Register
The following elements of quality teaching will be addressed: deep knowledge, deep understanding, knowledge integration, background knowledge, engagement, high expectations, social support, student's self regulation, student direction, inclusivity, problematic knowledge, higher order thinking, substantive communication, explicit quality criteria, connectedness, narrative				
1 week				
5.6.1	<ul style="list-style-type: none"> factors affecting current consumption patterns including <ul style="list-style-type: none"> social economic nutritional environmental <p>Additional content <i>Included in first two weeks for gifted and talented students</i></p>	<ul style="list-style-type: none"> relate changes in consumption patterns to their social, economic nutritional and environmental impact 	Factors affecting current consumption patterns <ul style="list-style-type: none"> Note making on factors from practical lessons ("best" products on peer assessment of Apple Pies) Discussion on nutritional and environmental aspects of food consumption (e.g. Meat Pie at football matches) <i>Practical:</i> <ol style="list-style-type: none"> Home made meat pie using short crust pastry, mince and vegetables. 	
5.5.2	<ul style="list-style-type: none"> development of food production and processing from both historical and contemporary perspectives 	<ul style="list-style-type: none"> investigate the development of the Australian food industry in consideration of food-related technologies that have emerged over time 		