Sample virtual program: Stage 5 food Technology- Bush Tucker

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| Guiding question |  |
| What are your students going to learn? (Objectives) | A student:   * describes the relationship between food consumption, the nutritional value of foods and the health of individuals and communities FT5-6 * justifies food choices by analysing the factors that influence eating habits FT5-7 * collects, evaluates and applies information from a variety of sources FT5-8 * communicates ideas and information using a range of media and appropriate terminology FT5-9 * examines the relationship between food, technology and society FT5-12 * evaluates the impact of activities related to food on the individual, society and the environment FT5-13 |
| How are they going to learn it? (Resources and Strategies) | Resources  Bush Tucker: Power Point  *60,000 year old Bush Tucker Food in Australia*: <https://www.bing.com/videos/search?q=australian+bush+foods&&view=detail&mid=CB13DE6E98A08DF01756CB13DE6E98A08DF01756&&FORM=VRDGAR>  *Australian Bush Tucker Food:* https://www.bing.com/videos/search?q=australian+bush+foods&&view=detail&mid=E8BF655D8262D62FB87AE8BF655D8262D62FB87A&rvsmid=B01FC6961D40FD5D6F09B01FC6961D40FD5D6F09&FORM=VDQVAP  *The Australian Super Food Co:* <https://austsuperfoods.com.au/nutrition/>  *The Nutritional Value of Bush Foods*: http://www.onyamagazine.com/lifestyle/food-drink/foodstuffs/move-aside-acai-berries/  *Australian Bush Food Plant Quiz*: <https://www.survival.org.au/bushfood-quiz.php>   * Modify a recipe(s) to include bush tucker ingredients.   *Bush Tucker Recipe Ideas:* <http://tasteaustralia.biz/bushfood/>  *Indigenous Australian Recipes and Indigenous Australian Food:* <https://www.sbs.com.au/food/cuisine/indigenous-australian>   * Investigate the development of food production and processing technologies.   *Aboriginal Agriculture for a Sustainable Australia*: <https://www.bing.com/videos/search?q=aboriginal+farming+practices&&view=detail&mid=42A00A6270DC5216E3BF42A00A6270DC5216E3BF&&FORM=VRDGAR>  *Australian Food History Timeline*: (fire stick farming) <https://australianfoodtimeline.com.au/aboriginal-food-sources/>  *How to cook meat and vegetables the Indigenous way*: https://www.theguardian.com/lifeandstyle/australia-food-blog/2015/jul/08/how-to-cook-meat-and-veg-the-indigenous-way  *Earth Ovens- Celebrating Aboriginal Intangible Heritage*: https://www.bing.com/videos/search?q=how+to+make+a+ground+oven+aboriginal+australians&&view=detail&mid=81F0F684E4678D5F9BC781F0F684E4678D5F9BC7&&FORM=VRDGAR   * Investigate Aboriginal and/or Torres Strait Islander cultural knowledge of food and food practices, and the protection of that knowledge.   *Traditional Hunting, Fishing and Gathering Practices*: https://www.alrc.gov.au/publications/33.%20Traditional%20Hunting%2C%20Fishing%20and%20Gathering%20Practices/traditional-hunting-fishing-an  *Aboriginal Culture Part 1-4*: <https://www.bing.com/search?q=aboriginal+cultural+knowledge+of+food&src=IE-SearchBox&FORM=IESR3S>  *Aboriginal Foodways: Toward a return of native food in Australia*: <https://www.resilience.org/stories/2019-02-08/aboriginal-foodways-towards-a-return-of-native-food-in-australia/>  Refer to power Point attached to complete the following  Use electronic media to produce an ePortfolio reflecting Bush Tucker in Australia  Strategies  Using the power point attached, students use Internet research to complete the worksheet below and use the information to modify a recipe to include bush foods. |
| Target date for completion | 4-5 X 60 minute lessons |
| How are you going to know that they learned it? (Success criteria) | Students have used Internet research to complete the bush food and nutritional value worksheet below.  Students have used various media such as the internet to research one recipe and substitute three of the ingredients with Bush Foods  Students record sites used in research |
| Collecting evidence of student learning (Verification) | Students submit completed worksheet via an online platform.  Students submit modified recipe. |
| Feedback (Evaluation) | Format to be communicated clearly by teacher, whether it is by emailing comments or annotations on documents, upload of media/audio via online platforms or a blended approach. |
| Communication | Teachers are able to gauge the progress of the tasks via the schools online platform. Submission dates for each task may be useful as opposed to one final due date.  Students can pose questions/clarifications directly to teacher via email or online platform  Scaffolds for each task may be posted by the teacher to help clarify specific requirements for each activity. |

### Resources:

**Bush Tucker: Power Point**

60,000 year old Bush Tucker Food in Australia: <https://www.bing.com/videos/search?q=australian+bush+foods&&view=detail&mid=CB13DE6E98A08DF01756CB13DE6E98A08DF01756&&FORM=VRDGAR>

Australian Bush Tucker Food: https://www.bing.com/videos/search?q=australian+bush+foods&&view=detail&mid=E8BF655D8262D62FB87AE8BF655D8262D62FB87A&rvsmid=B01FC6961D40FD5D6F09B01FC6961D40FD5D6F09&FORM=VDQVAP

The Australian Super Food Co: <https://austsuperfoods.com.au/nutrition/>

The Nutritional Value of Bush Foods: http://www.onyamagazine.com/lifestyle/food-drink/foodstuffs/move-aside-acai-berries/

Australian Bush Food Plant Quiz: <https://www.survival.org.au/bushfood-quiz.php>

**Modify a recipe(s) to include bush tucker ingredients.**

Bush Tucker Recipe Ideas: <http://tasteaustralia.biz/bushfood/>

Indigenous Australian Recipes and Indigenous Australian Food: <https://www.sbs.com.au/food/cuisine/indigenous-australian>

**Investigate the development of food production and processing technologies.**

Aboriginal Agriculture for a Sustainable Australia: <https://www.bing.com/videos/search?q=aboriginal+farming+practices&&view=detail&mid=42A00A6270DC5216E3BF42A00A6270DC5216E3BF&&FORM=VRDGAR>

Australian Food History Timeline: (fire stick farming) <https://australianfoodtimeline.com.au/aboriginal-food-sources/>

How to cook meat and vegetables the Indigenous way: https://www.theguardian.com/lifeandstyle/australia-food-blog/2015/jul/08/how-to-cook-meat-and-veg-the-indigenous-way

Earth Ovens- Celebrating Aboriginal Intangible Heritage: <https://www.bing.com/videos/search?q=how+to+make+a+ground+oven+aboriginal+australians&&view=detail&mid=81F0F684E4678D5F9BC781F0F684E4678D5F9BC7&&FORM=VRDGAR>

**Investigate Aboriginal and/or Torres Strait Islander cultural knowledge of food and food practices, and the protection of that knowledge.**

Traditional Hunting, Fishing and Gathering Practices: https://www.alrc.gov.au/publications/33.%20Traditional%20Hunting%2C%20Fishing%20and%20Gathering%20Practices/traditional-hunting-fishing-an

Aboriginal Culture Part 1-4: <https://www.bing.com/search?q=aboriginal+cultural+knowledge+of+food&src=IE-SearchBox&FORM=IESR3S>

Aboriginal Foodways: Toward a return of native food in Australia: <https://www.resilience.org/stories/2019-02-08/aboriginal-foodways-towards-a-return-of-native-food-in-australia/>

Bush Food Preparation and Nutritional Value

Record how different Bush Foods are Prepared and the Nutritional Value in the table below.

| Bush Food | Description | Nutrient Content per 100grams | Use/ Preparation |
| --- | --- | --- | --- |
| **Bush Tomato**  http://www.nutritionaustralia.org/recipe%5Fof%5Fthe%5Fweek/bush_tomato.gif | * Also called a ‘desert raisin’, this small pungent berry is collected by Aborigines in the central desert regions from a shrub related to the tomato family. * Strong tamarillo/caramel character * Approximately 10–13 mm in diameter, red/brown and round. | * 1034 kJ * 3.8 g Fat * 8.5 g Protein * 46.8 g Carbohydrate * 23.4 g Fibre | * Chop coarsely for focaccia, antipasto, chutneys, sauces. * Also available as desert-dried bush tomatoes in oil. |
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Bush Food Preparation: Student Worksheet

Use source of media as such as the internet to research one recipe and substitute three of the ingredients with Bush Foods

| Original Ingredients | Substituted ‘ Bush Food’ Ingredients | Recipe |
| --- | --- | --- |
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**Bush Food: Internet Research**

**Outcomes:** Communicates ideas and information using a range of media and appropriate terminology FT5-9