



9 FTE TASK 2 - E-BOOK

2025

.Topic: Aussie Cuisine

SECTION I INSTRUCTIONS

Use this scaffold to help you research and present your article. Your EBook can be presented using this scaffold.

You have been employed by Gourmet Traveller magazine to create an engaging and informative EBook for them on a country of your choosing.

Your task is to design and create an EBook **magazine article** based on your research of a cultural group.

The cultural group includes people who have immigrated to Australia and have had a strong influence on the food patterns of Australia. You may like to choose from:

Spain	China	Kenya	Italy	Germany	India
France	Brazil	Mexico	Croatia	Portugal	
Russia	Korea	Macedonia	Thailand	Greece	

IMMIGRATION

1. Name the country you are reporting on
2. Outline the reasons why this migrant group come has come to Australia
3. Identify what time the migration occurred

* Include images of country's flag & map.

COMMON INGREDIENTS

Make sure you discuss **ingredients** NOT **dishes** in this section

- **Identify** (*recognise and name*) & **describe** (*provide characteristics and features*) 5 common ingredients of your chosen culture.

Ingredient	Description	Image

TRADITIONAL DISHES – 3 RECIPES

- Identify and briefly describe 3 traditional dishes that this cultural group eats. You may also like to describe when they are eaten, any traditional ingredients as well as any cultural significance.
- Include an image of each dish

EXAMPLE MISO SOUP

Miso soup is a traditional Japanese dish that has a savoury flavour. It serves as a warm and soothing starter dish in many Japanese meals. Miso soup consists of a broth made from dashi, a stock created by simmering ingredients like seaweed and bonito flakes. The main distinctive flavour is the miso paste, a fermented soybean or rice mixture that creates a rich and slightly nutty taste to the soup. Alongside this packed base, miso soup often includes a variety of ingredients such as tofu cubes, sliced green onions, and seaweed, adding both texture and depth of flavour to the soup.



DISH I-

Description of dish

DISH 2-

Description of dish

DISH 3-

Description of dish

FOOD PREPARATION TECHNIQUES & COOKING

Try to link each technique or method to a relevant food example from your recipe and culture

- Identify & describe 3 contemporary preparation **techniques** and/or cooking **methods** used in the making of cultural foods. (Use table below)
- Include images

Technique/Method	Description	Image

FOOD PREPARATION TECHNIQUES & COOKING

Try to link each technique or method to a relevant food example from your recipe and culture

- Identify & describe 3 traditional preparation **techniques** and/or cooking **methods** used in the making of cultural foods. (Use table below)
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Technique/Method	Description	Image

COMPARE THE TRADITIONAL COOKING METHODS WITH CONTEMPORARY COOKING METHODS. HOW HAVE CHANGES IN TECHNOLOGY AND SOCIETY INFLUENCED THESE METHODS?

DAILY EATING PATTERNS

You may find other daily eating patterns to describe. The “some ideas” listed below are suggestions that may help you.

- **Describe** the ways that traditional foods and dishes are **served** and **eaten**. **Include Images**.

Some ideas to include:

- Discuss the daily patterns that your cultural has for eating breakfast, lunch & dinner.
- Describe the family setting for meals e.g. is one person served first, where does the family eat etc
- Describe how meals are generally served e.g. does someone help themselves, are there a range of dishes to choose from etc

INFLUENCE ON CONTEMPORARY AUSTRALIAN DIET

▪ Describe (*provide characteristics and features*) the *influence* of the selected *cultural* group on the *contemporary multicultural* Australian diet.

- Include the availability of culturally inspired ingredients and convenience foods, existence of restaurants, festivals, cooking methods and preparation techniques, equipment, and acceptance of this cuisine as part of the daily Australian diet. Use specific examples in your response.

TRADITIONAL RECIPE

- Include ONE traditional recipe (include all components of a standard recipe) from the selected **cultural** group .

TRADITIONAL RECIPE

- Explain the significance of the selected recipe to the ***traditional cuisine*** of the group and why you are cooking it.
- E.g. is this dish part of a cultural or religious celebration/ tradition?

Outline the reasons WHY you selected this dish?

(You will prepare and present this recipe at home & submit evidence using images via the scaffold provided).

NUTRITIONAL VALUE OF RECIPE

- **Discuss** the nutritional value of the recipe.
 - Identify which of the 6 essential nutrients are present in the dish (in table) - *your recipe may not have all 6 essential nutrients present.*
 - For each essential nutrient mentioned, discuss the role it plays in our body. (in table)

Ingredient	Essential Nutrient	Role it plays in our bodies

NUTRITIONAL VALUE OF RECIPE

Should this food item be eaten everyday? If not, when?

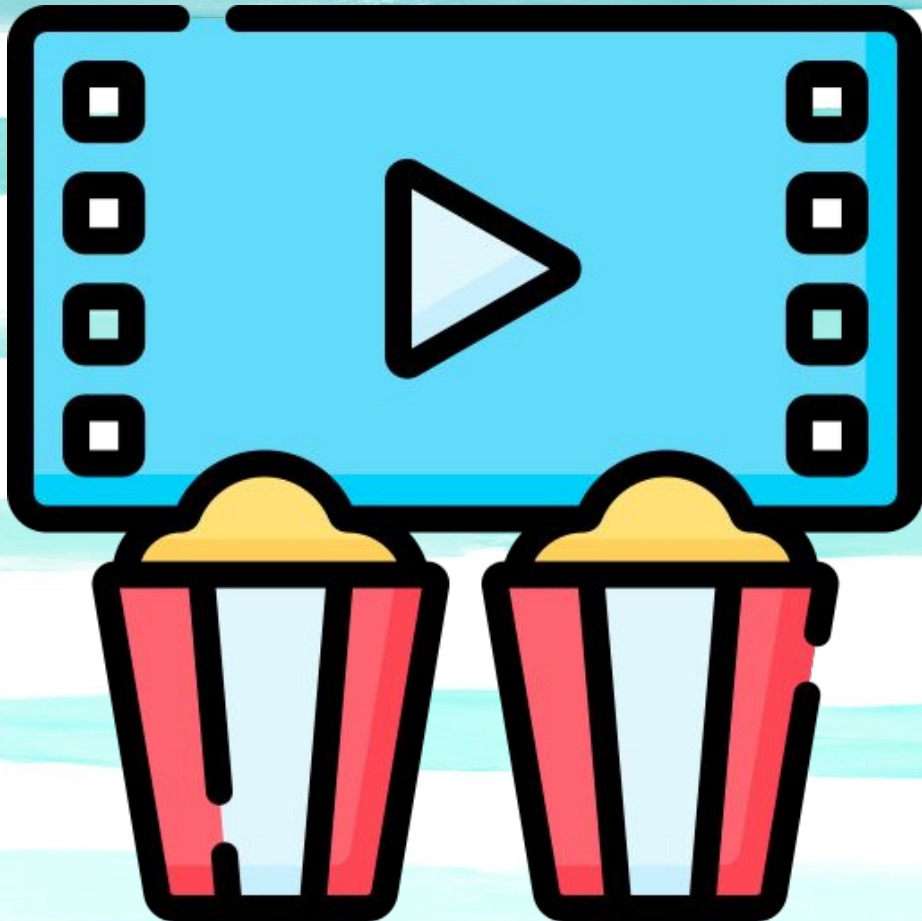
Which food groups are represented in the recipe?



9 FTE TASK 2 - PRACTICAL

PRACTICAL VIDEO

Insert link here for video access



Your practical video should include the following elements:

- Music and Video Editing Techniques: Ensure your video is engaging and well-edited.
- Cooking Techniques: Clearly demonstrate all preparation steps thoroughly.
- Full Visual of You Cooking: Include a complete visual of yourself cooking to showcase your skills.

EVALUATION

Complete the evaluation by answering the questions below:

Provide a mark out of 10 for how your dish tastes:

Explain WHY you gave yourself this mark:

Provide a mark out of 10 for how your dish looks:

Explain WHY you gave yourself this mark:

If you were to make this dish again, suggest a modification or something that you would do differently.