



Stage 5 Food Technology, Year 9 - Unit 3:

# Food For Special Occasions

NAME \_\_\_\_\_

STUDENT BOOKLET

# **Food For Special Occasions**

## **UNIT OUTLINE**

Food is an important component of many special occasions. Students explore a range of special occasions including social, cultural, religious, historical and family. Students examine small and large-scale catering establishments. Students plan and prepare safe food for special occasions, demonstrating appropriate food-handling and presentation skills.

# **CELEBRATE**

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# **Content**

- **Outline the significance of food throughout history**
  - Timeline throughout history
- **Investigate the significance of food in various cultures around the world;**
  - International indigenous peoples
  - French
  - Vietnamese
  - American etc
- **Explore reasons for celebrating with food;**
  - Social
  - Religious
  - Historical
  - Cultural
  - Family
- **Demonstrate appropriate selection of equipment and techniques used in food preparation**
- **Investigate factors to consider when menu-planning for special occasions;**
  - Nutritional value of food
  - Occasion and setting
  - Characteristics of diners eg. age, health, culture
  - Resources eg. ingredients, equipment, skills, finance, time
- **Design a workflow plan to be used when conducting a practical activity**
- **Investigate the importance of food presentation and service for special occasions**
  - Garnishing and decorating
- **Design, plan and prepare food items for special occasions;**
  - A child's birthday party
  - NAIDOC celebrations

# **Significance of Food throughout History -**

## **An Introduction:**

Food: It feeds the soul, fuels the body, affects the environment, inspires artists, influences politics, and impacts just about every part of our lives. It has been a subject of fascination and entertainment for centuries, reflected in the ceremony of a royal banquet, or even the latest episode of "Master Chef."

Food can tell us a lot about a society in the past and the present, including what people lived on and how they managed to create a food supply, often in difficult circumstances. A number of major historical events have been dictated by changing tastes in food.

Up until about 10 000 years ago, all human beings were hunter-gatherers. This means that they moved from place to place to find food.

Indigenous people all over the world would pick it, dig it up, fish for it, hunt and kill it. When they found a new food the only way to find out if it was edible was to just try it. If it tasted okay and didn't make them sick, everything was well. However, as they risked trying out new foods, they must have sometimes gotten very sick and perhaps even died!

As humans learned to make food storage vessels and other tools, and learned to cook and preserve food, they were able to carry safe and healthy food with them as they moved from place to place.

Tea in China is not drunk with sugar. It was the Europeans who decided to put sugar in beverages like tea, chocolate and coffee. In order to increase the global supply of sugar, they established plantations, particularly in the Caribbean and Brazil, and they brought Africans over to be enslaved workers.

The first restaurants arose in China 1280 and then Paris before the French Revolution, around 1760 and 1770. The word comes from "restoration," and they were places to get nourishment for "delicate" people. As these places evolved, they served other expensive and fashionable health foods for the middle and upper classes.

## The first farmers

Around 10 000 years ago people started to grow some of their food. Some scientists think that the idea for growing food came about because Indigenous people noticed that seeds in pieces of fruits and vegetables that they had thrown away began to sprout and grow. From this they got the idea to collect and plant seeds to grow more of their own food.



## Food Throughout History

### Timeline of food throughout history -

\_\_\_\_\_ People began to grow food. Women planted seeds of wild grasses on cleared land. Their tools were digging sticks.

\_\_\_\_\_ Grains and cereals are crushed to make flour and then bread.

\_\_\_\_\_ Rice is grown in China.

\_\_\_\_\_ Lemons, bananas, limes and oranges originated in Kashmir, India.

Wine is made from grapes.

\_\_\_\_\_ Potatoes are harvested in the Andes Mountains in South America

\_\_\_\_\_ The Egyptians sun-dry fish and chicken.



**From 2475 B.C.** olives are picked and eaten or pressed to make olive oil.

**2475 B.C.** Olive trees are grown on the island of Crete. (Greece)

**2000 B.C.** Watermelons are grown in Africa.

\_\_\_\_\_ Apricots are grown in China.



**From 1500 B.C.** All the main food plants that we eat today are being grown by people somewhere in the world.

**1000 B.C.** The Chinese cut ice and use it to keep food fresh.

\_\_\_\_\_ Peanuts are grown and eaten in South America.



**551 B.C.** Peaches are grown in China.

**400 B.C.** The Egyptians and the Turks grow and eat cauliflowers.

\_\_\_\_\_ A Greek author writes a collection of recipes. It may be the first ever 'cookbook.'



**325 B.C.** Alexander the Great brings bananas to Greece from India. He also brings back the citron (like a lemon) to Greece.

\_\_\_\_\_ The Japanese make salt from dried seaweed and use it to preserve foods. They also make soy sauce.

**54 B.C.** The British are making cheese.

Read about cheese here: <https://www.kidcyber.com.au/cheese-and-butter>

\_\_\_\_\_ Green beans and sweet corn are grown in the Americas.

Popcorn was also used by the people of Central America.

Watch a video about popcorn:



<https://thekidshouldseethis.com/post/78447101180>

**850** Coffee is discovered by an Arab goat herd in Ethiopia.

\_\_\_\_\_ Knights returning from the Crusades in the Middle East, bring sugar to Europe and England.



**1280** In some parts of China there are restaurants where waiters serve food.

\_\_\_\_\_ Shops in Italy make and sell pasta. Men knead the dough with their bare feet.

**1476** People in England make and eat meat pies.

\_\_\_\_\_ Christopher Columbus discovers sweet potatoes, capsicums and pineapples in the Americas.

**1527** Tomatoes and avocados are taken to Spain from the Americas by explorers.



\_\_\_\_\_ Beans used for baked beans and bean stews come from North America to Italy and France. Native American Indians are thought to have cooked the beans with fat and maple syrup.

**1540** Potatoes from South America arrive in Europe. The French grow the plant but don't eat the potatoes.

Strawberries were found growing in North America and seeds taken back to Europe by explorers.



Spanish explorers learned how to make a chocolate drink from the cocoa bean from the Aztecs in Mexico. It soon became popular in Spain, France and England.



**1657** The first shop in London to sell chocolate opens. People drink the chocolate - known as hot chocolate.

Asparagus sold in England is called 'sparrowgrass'.

**1750** The cantaloupe (rockmelon) was first grown in Italy, near the city of Cantelupe.

**1762** The fourth Earl of Sandwich, John Montague, asked his servants to bring him some beef between two slices of bread. This was the first sandwich.

\*\***1788** - Captain Cook discovered Australia\*\*

A Frenchman, Nicholas Appert, was awarded a prize by the Emperor Napoleon Bonaparte for inventing a way of keeping food fresh for some time inside glass jars.

**1847** Tin cans were first used to store food. The inventor was Englishman, Peter Durand Watch a video about the first potato crisps  
<https://www.youtube.com/watch?v=jsKQMSEAHcg>

The first canned baked beans are made.

**1885** The hamburger sandwich was invented. 15 year old American, Charles Nagreen, put fried beef between slices of bread and sold it, calling it a hamburger.



Corn flakes were first made.

**1898** The world's first corn flakes are made and sold by the Kellogg Brothers



Coca Cola is bottled for the first time.

**1906** The word 'hot dog' was first used in America to describe a frankfurter served in a bread roll. Frankfurts originated in Germany and Switzerland.



Tea bags are invented.

**1940** The first McDonald's hamburger stand opens at a drive-in cinema in the United States.

Watch a video showing the origin of many foods that we eat

<https://www.youtube.com/watch?v=MVVvF7PWo-I>



\*\*Reference: <https://www.kidcyber.com.au/food-history-a-timeline>

Many of these discoveries are debated as to which countries were the first to invent. Other references cite different chronological orders as well as different countries.

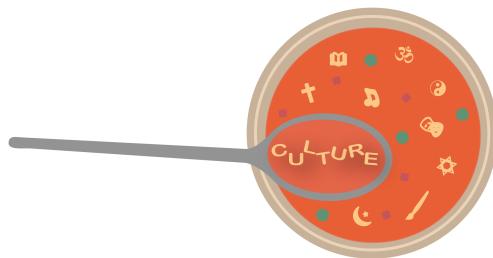
## Activity

Create an Infographic on - 'A Pizza Timeline' to be displayed in your food tech rooms. Use the title: A Slice of Pizza History - Timeline.

Ensure you research thoroughly from the first ever pizza findings! This may include history and dates on bases, countries and toppings. Enjoy!



## **Investigating the significance of food in various cultures around the world**

On an individual level, we grow up eating the food of our cultures. It becomes a part of who each of us are. Many of us associate food from our childhood with warm feelings and good memories and it ties us to our families, holding a special and personal value for us. Food from our family often becomes the comfort food we seek in times of frustration and stress.

On a larger scale, food is an important part of culture. Traditional cuisine is passed down from one generation to the next. It also operates as an expression of cultural identity. Immigrants bring the food of their countries with them wherever they go and cooking traditional food is a way of preserving their culture when they move to new places. Continuing to make food from their culture for family meals is a symbol of pride for their ethnicity and a means of coping with homesickness. Many open their own restaurants and serve traditional dishes. However, the food does not remain exactly the same. For example, some ingredients needed to make traditional dishes may not be readily available, so the taste and flavor can be different from the taste and flavor of the dishes that they would prepare in their home countries.

What stays the same though is the extent to which each country or community's unique cuisine can reflect its unique history, lifestyle, values, and beliefs.

### **Activity**

List foods are traditionally eaten in your household - they may or may not have cultural significance

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List foods or dishes that are only eaten for special occasions

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Are you aware of any dishes that have been passed down in your family through generations?

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Discuss and compare with the person next to you. Discussing what culture/s influence what you eat at home.



## **Various cultures around the world**

In China, harmony is a vital trait in almost every aspect of life. This is reflected in Chinese cuisine, where almost every flavor (salty, spicy, sour, sweet, and bitter) is used in a balanced way creating delicious dishes with flavors that go well together. Historically, Chinese people have an ornate style, which can be seen in their architecture and costumes, as well as in their food. They believe that food not only needs to be nutritious but also needs to look appealing, so they put a lot of effort into decorating the dishes and making them look colorful, with vibrant red as their traditional color.



**List as many Chinese dishes that you aware of or have eaten in the past:** (you may need to research for some of these dishes from certain cultures)

The cuisine of the United States reflects its history. The European colonization of the Americas yielded the introduction of European ingredients and cooking styles to the U.S. Later in the 20th century, the influx of immigrants from many foreign nations developed a rich diversity in food preparation throughout the country.



**List as many American dishes that you aware of or have eaten in the past:**

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## French food facts

1. Traditional French culture places a high priority on the enjoyment of food. The French view eating as not just a neutral act, but as culture.
2. France has a different cheese for every day of the year.
3. In France, people eat approximately 500,000,000 snails per year.
4. Ten billion baguettes are produced each year in France. By law, a traditional baguette can only have three ingredients – flour, yeast and salt – and must weigh 250 grams, just short of 9 ounces.
5. To combat food wastage, France was the world's first country to ban supermarkets from throwing away unsold food and instead supermarkets must give to charities and other services.
6. Many people in France drink their hot beverages from bowls and dip bread or pastry in it.
7. While French cuisine is often associated with rich desserts, in most homes, dessert consists of only fruit, yogurt or sometimes a few squares of natural dark chocolate.



**List as many French dishes that you aware of or have eaten in the past:**

Vietnamese cuisine offers a fragrant blend of tastes and smells, with pungent fish sauce, shrimp paste and soy sauce typically combined with a variety of fresh flavours such as lemongrass, ginger, mint, lime, basil and coriander - plus spicy overtones of chilli and cinnamon.

Food is generally served as fresh as possible, with most meats are only briefly cooked to preserve their original textures and colours. Vegetables are eaten fresh; if they are cooked, they are boiled or only briefly stir-fried.

Herbs are essential to many Vietnamese dishes and are often abundantly used, whilst broths and soup-based dishes are common across all regions of the country.

The most famous of these dishes is pho, Vietnam's signature noodle soup, which is not only popular throughout the country but also commands a significant following across the globe!



**List as many Vietnamese dishes that you aware of or have eaten in the past:**

**As the world becomes more globalized, it is easier to access cuisines from different cultures.**

**We should embrace our heritage through our culture's food but we should also become more informed about other cultures by trying their foods. It's important to remember that each dish has a special place in the culture to which it belongs, and is special to those who prepare it. Food is a portal into culture, and it should be treated as such.**

## **Activity**

Read and complete “Bread All Over the World” in the textbook “Food Tech Focus” (Nelson 2nd Ed) page 296-297. Answer Q1-4 below.

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## **Activity**

### **Sensory Evaluation of Bread**

1. Teacher to order the different types of bread for group tasting (x2 per group)
2. Using an A3 piece of paper, brainstorm the special features and a brief description and present to the class.
3. Whilst your peers are presenting, summarise the features in this table.

Bread	Country of Origin	Special Features & bread description
Naan		
Bagel		
Croissant		
Crumpet		
Turkish		
Focaccia		
Pita		
Damper		

4. Select your favourite bread from above and describe why this bread appealed to you.

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## **The Significance of food in various cultures around the world - International Indigenous peoples**

### **- Indigenous Australians - Aboriginal Food significance**

For thousands of years, Aboriginal Australians have been surviving on "bush tucker" and foods provided by the outback. Aboriginals were hunters and gatherers, hunting wildlife to provide meat and gathering fruits, seeds and insects for their daily meals. Each season, weather conditions and geographic location would impact the types of food available, making their diet varied and well balanced.

All food has meaning in Aboriginal and Torres Strait Islander cultures. Aboriginal people believe that the land and all animals and plants were created by ancestral spirits of the Dreaming. The Dreaming refers to a period of time when everything was created. Each food was created by the ancestral spirits and have special links with certain foods which are called their totems. These people may be forbidden to kill and eat their totems, except perhaps in special ceremonies. Customs, rules and religious rules govern most aspects of the gathering, cooking and eating of traditional foods.

The gathering and eating of food was a social event. It was very hard work and it involved the entire family and/or community. Each person had a job that they had to do - whether it was in the collection, preparation or cooking of the food.

Aboriginal women provided most of the traditional bush foods required for each community and Torres Strait Islander women also were the main food providers for the family. The women gathered the plant foods, garden foods, eg. yam, taro, cassava, wild yams, eggs, shellfish and small animals whilst Aboriginal and Torres Strait Islander men fished and hunted for larger land and sea animals such as dugong, kangaroo and turtles. Learning about daily survival, including food-gathering practices, began at an early age for both Aboriginal and Torres Strait Islander children. From the time they are born, children are included with the collection of food and other daily chores.

Since European settlement, the traditional Aboriginal foods and eating rituals have gradually become less common. Below are a few of the major food sources that were hunted and gathered in traditional Aboriginal culture

## **Traditional Aboriginal foods**

**Meat:**  
Aboriginal men within the tribe were normally the ones responsible for hunting live game for meat. Luckily for them, there was a lot of wildlife throughout the Australian bush available. The animals were hunted using tools like small daggers and spears made from sharpened stone. Common animals that were hunted and eaten by Aboriginals included Kangaroos, Wild Turkeys, Possums, Emus, Anteaters, Lizards and Snakes.

**Insects:**  
One of the most well known traditional Aboriginal foods is the Australian witchetty grub, which is actually native to central Australia where the Watarrka region is located. The Witchetty grub remains a common snack or meal addition in Australia, and is high in protein and nutrition. Other insects eaten by Aboriginal Australians include cicadas and caterpillars.

**Natural Foods:**  
A large part of the traditional Aboriginal diet included native fruits and seeds that grew naturally within the area. The types of fruit and seed depended on the season and availability, but could include wild passionfruit, wild oranges, bush tomato, bush banana, bush plums, mulga seeds and wattle seeds. Aboriginal Australians would also gather honey and nectar from bees, honey ants, flowers and trees



## **-Indigenous Hawaiians - Native Hawaiian Food significance**

Native Hawaiians, also known as Kanaka Maoli, are the indigenous people (and their descendants) of the Hawaiian islands. Their ancestors were the original Polynesians who sailed to Hawai'i and settled the islands around the 5th century AD.

"Native Hawaiian" is a racial classification used by the United States. In the 2010 Census, 527,077 people reported that they were Native Hawaiian or of a mixed race that includes Native Hawaiian. There may now be as few as 8,000 pure-blood Native Hawaiians remaining in the world.

Many traditional Hawaiian foods are dishes originally brought over from Pacific Polynesian islands.

Though now the islands of Hawaii include a diverse demographic of ethnicities all adding their own flavors, there still remains a vibrant following of traditional favorites – the true tastes of Hawaii.



## **Traditional Hawaiian foods**

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The staple and traditional filler starch dish in Hawaiian cuisine is something known as poi. Poi is a thick paste made from taro root (similar to a yam or potato but with a starchy-er flavor) that is either steamed or baked and pounded. While pounding, water is added to the mixture to create a very sticky pudding like consistency.

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Traditional Hawaiian food would not be complete without a dish known as laulau — Taro is a well respected plant, not only in Hawaii, but also throughout Polynesia and the Pacific islands. While poi is made from the taro root, laulau is made from the leaves. Traditionally laulau is made with pork wrapped in layers of taro leaves and cooked in an underground hot rock oven for hours until it turns soft and smoky flavored. The meat is tender and juicy while the leaves turn to a spinach-like consistency.

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Another giant of Hawaiian cuisine is the famous pork dish known as Kalua Pig. Cooked in an underground oven (known as an imu), the pork slow roasts so it becomes extremely tender and retains a remarkable smoky flavor. Kalua pig is similar to southern American pulled pork, but instead of the tangy barbecue sauce it has a pungent wood smoke flavor.

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Poke is the Hawaiian version of Japanese sashimi (raw fish). Instead of slicing the fish thin like for Japanese sashimi, Hawaiian poke is served in bite sized hearty cubes. The most common type of fish is ahi (tuna), but a number of other kinds of fresh saltwater fish are also very commonly used.

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Lomi salmon is not originally native to Hawaii but was brought over from other Pacific islands. The dish is now part of most traditional Hawaiian meals and makes a great addition to poi. Raw salmon is cured with salt and diced up along with tomatoes, onions, and normally some chili peppers.

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Chicken long rice is not a traditional Hawaiian food recipe, but it has weaved its way into becoming a norm at many Hawaiian luaus and meals. Originally a Chinese food inspired dish, chicken long rice is a combination of clear mung bean noodles cooked in chicken soup. The result is a slurpy stew with clear noodles, chunks of chicken and often a pleasant gingery flavor.

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Topping off a great Hawaiian meal, it's a very pleasant necessity to enjoy some freshly grown Hawaiian fruit. The islands of Hawaii were formerly famous for their fruit, but as land and labor became too expensive, the fruit industry in Hawaii started to decline. However, you can still get local fruit and Hawaii is famous for tropical fruits like pineapple and passion fruit (lilikoi).



## **Indigenous New Zealanders - Maori food significance**

The Māori people are the indigenous Polynesian people of mainland New Zealand. Māori originated with settlers from Eastern Polynesia, who arrived in New Zealand in several waves of waka (canoe) voyages between roughly 1320 and 1350.

Māori people have been cooking with ingredients from New Zealand's native forests for more than a thousand years. New Zealand's native plants provide delicious flavours and garnishes for local dishes.

### **Traditional Maori foods**

**Flaxseed oil:**  
Cold-pressed flaxseed oil, made from the native New Zealand flax, is an unrefined oil, nothing is added or removed. It is a great source of Omega 3 and six essential fatty acids, Omega 9 antioxidants and vitamins.

**Mānuka:**  
Mānuka was named 'tea tree' by Captain James Cook and English botanist Joseph Banks when they found it in Mercury Bay in 1769. Mānuka wood chips can be used to add flavour when smoking food, but it is best known as the source of mānuka honey which is used to produce a growing list of products with outstanding medicinal and antiseptic properties.

**Bush fern:**  
Most of the wild fern varieties that grow in damp shady areas of New Zealand's native bush are carcinogenic - of 312 different varieties, only seven varieties are edible. The edible fern fronds, known as bush asparagus, are pale green with brown speckles. Picked before the leaves unfold, the fronds add a unique 'forest' flavour to dishes.

**Korengo:**  
Korengo is seaweed which is either used in its raw state, or dried and used to season various dishes.

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Pūhā, also known as sow thistle, is a green-dark green plant often found growing as a weed. The stem contains a milky coloured sap. Eaten raw, the stem and leaves have a bitter taste. Cooking does not remove the bitterness but it can be reduced by rubbing the pūhā plants together (vigorously) under running water. Pūhā is traditionally served cooked with pork.

### **Flavours from the sea**

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Pāua is recognisable for its beautiful blue/green, iridescent shell and thin, black surface covering its creamy-white flesh in its natural state. Pāua is considered taonga (treasure), a gift from the god of the sea. It is highly valued for its firm meaty flesh and savoury, sea flavour. Its shell is used for jewellery and incorporated in traditional Maori carvings, usually to represent the eyes.

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Bluff Oysters are a prized delicacy in New Zealand and many of the fishers who catch them have lived on the sea for generations. The season to try these tasty morsels is from March until August.

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Kōura are freshwater crayfish closer in size to a king prawn than lobster.

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New Zealand Greenshell mussels are the ultimate health food. They are a good source of protein and are low in fat and calories. As well as being particularly flavoursome, they are also a very good source of omega-3.

## Other staples

Rēwena paraoa (potato bread) tastes sweet and has a slight sour/tang flavour to it, a result of the long period of fermentation it undergoes. The bread is wonderfully textured and flavoursome.

Known elsewhere as sweet potato, New Zealand kūmara is particularly sweet and grows in the semi-tropical regions of the North Island. It is available in red, gold or orange varieties.



## **Activity**

Research what is a Maori Hungi, and provide evidence of your findings in the lines provided.

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## **Homework Activity**

Create a picture collage by using either a table format or a subheading format for the three (3) Indigenous cultures.

You must include a picture of each of the foods that are listed under their culture. Print them out and glue into the pages provided.

Ensure that you Label each picture.

**Collage: Indigenous Australians - Aboriginal Food significance (3 major sub-headings)**

**Collage: Indigenous Hawaiians - Native Hawaiian Food significance  
(7 food types)**

**Collage: Indigenous New Zealanders - Maori food significance (10 food types)**

## **Exploring reasons for celebrating with food**

Special celebrations are events that are celebrated by people in all cultures around the world. Most special occasions bring together a group of people who have a common interest or belief, ranging from religious and family celebrations to socialising with friends.

Many of the occasions you celebrate may be with your family group or peer group. Very few of these events would be celebrated without food or drink. The sharing of food at these special occasions satisfies certain social needs for each individual. By being part of a larger group, we not only share food but also feelings - such as friendship, love, pride and a sense of belonging.

Food also has an important social role. At a children's birthday party, you are likely to find sweets, chips, soft drinks and, most importantly, a birthday cake.

At a Christmas celebration, you could be served turkey, ham and plum pudding with custard.

People have always met together to relax, talk and share common experiences and beliefs. We like to share food at the same time because it makes the occasion even more enjoyable. It shows great hospitality and friendship when we share food with another person.



## Activity

1. List all the special occasions that you celebrate.

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2. Highlight the ones you celebrate with your family and underline the ones you celebrate with friends.
3. List the places that you can celebrate these occasions.

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4. List the types of food and drink you could eat at these special occasions.

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## Reasons for celebrating with food



## **Reasons For Celebration Overview**

Complete the following passage using the words provided in the wordbank.

New Year	celebrations	football
Australian	beliefs	ANZAC
lamb	historically	cake
presents	traditional	picnics
school	Mother's	Australia Day

Celebrations play an important part in \_\_\_\_\_ life. Groups of people have celebrations for a number of reasons. Celebrations are the special times where people come together to share each other's company. Food and beverage play an important part in celebrations, many foods used in celebrations are \_\_\_\_\_ tied to celebrations. For example, someone's birthday in Australia is often celebrated with a birthday \_\_\_\_\_, the birthday cake, along with friends, family and \_\_\_\_\_ adds to the special occasion. Celebrations can be categorised as follows.

### **Social Reasons**

Social celebrations are those that commonly involve friends and family. They may be planned events like a school dinner for year 10 or a year 12 \_\_\_\_\_. formal or it can be an informal event such as a going away party, baby shower, kitchen tea, a grand final \_\_\_\_\_ party, barbecues or \_\_\_\_\_.

### **Cultural Reasons**

Cultural events are the celebrations undertaken by certain cultural groups. For example, Australia has a large Chinese community and these people celebrate the \_\_\_\_\_ Chinese cultural celebrations such as the Chinese \_\_\_\_\_ and the Lantern Festival. A major cultural event celebrated in Australia is Australia Day. The foods eaten at an event such as \_\_\_\_\_ vary greatly however, it is becoming increasingly popular for Australians to have a barbecue and enjoy barbecued \_\_\_\_\_ or fish.

### **Religious Reasons**

Religions celebrate their \_\_\_\_\_ at different times of the year, and even the same religious event may vary from country to country in the food that is eaten and the rituals that are performed.

### **Historical Reasons**

These are \_\_\_\_\_ that have historical significance to a certain group of people. In Australia and New Zealand we choose to celebrate \_\_\_\_\_ Day due to its historical link to the past and its significance in helping to maintain the quality of life we enjoy in Australia.

### **Family Reasons**

You as a member of your family have significant days that you celebrate with your other family members. They include birthdays, \_\_\_\_\_ Day and Father's Days. The food eaten at these celebrations is usually well liked by the family members and may be a personal favourite of the person who you are celebrating with.

### **Activity**

Complete the table below.

Reasons	Definition	Examples
Social		
Cultural		
Religious		
Historical		
Family		

## **Cultural Reasons**

This is the values, beliefs, dress, behaviours and foods that are passed on through each generation of a particular society. It comes from parents and those around us. Cultural celebrations often have historical foundations.

Cultural Reasons can include:

1. Australia Day (26th January celebrated in Australia)
2. Waitangi Day (6th February celebrated in New Zealand)
3. Independence Day (4th of July celebrated in USA)
4. New Years Eve or New Years Festival (31st January - celebrated all over the world)
5. Aboriginal Australian initiation ceremonies (boys who are 11-13 years old who are initiated into manhood)
6. NAIDOC Week is an Australian observance (first Sunday in July until the following Sunday). NAIDOC Week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

## **Australia Day**

- Is held on 26 January and marks the landing of Captain Arthur Phillip at Botany Bay and the beginning of European settlement.
- It is celebrated with flag raising ceremonies, fireworks and BBQ's.
- Traditional cultural food may include lamingtons, meat pies, vegemite sandwiches and pavlova.



## **Waitangi Day (NEW ZEALAND)**

- Similar to Australia Day, it marks the first signing of the Treaty at Waitangi and the beginning of European settlement.
- It made New Zealand part of the British Empire and guaranteed Maori rights to their land.
- It is celebrated on 6th February where New Zealanders of all ethnic backgrounds and creeds gather to commemorate.
- Waitangi Day starts at 5am with the traditional Dawn Service and around 20 waka (Maori canoes) are on the water throughout the day, including Ngatokimatawhaorua, New Zealand's largest ceremonial canoe.



## **New Year's Celebrations all over the world and the foods that are associated with each culture**

New Year festivals are one of the world's oldest types of festivals. These celebrations date back to at least 5000 years. New Year is not at the same time for all of us, as everyone lives in different time zones. New Years is also categorised as a SOCIAL reason for celebration, but due to the cultural differences for each country, this affects the type of foods and festivals that take place.

What are some of the activities that you and your family do to celebrate New Year's? What are some of the foods you eat?

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Each Family's celebrations will be different, due to many different reasons.

What are they?

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## **WHAT IS HOGMANAY**

While New Year's Eve is celebrated around the world, the Scottish have a long rich heritage associated with this event - and have their own name for it, Hogmanay. It is celebrated on the Eve of New Year's Day.

The magical Firework display and torchlight procession in Edinburgh - and throughout many cities in Scotland - is reminiscent of the ancient custom at Scottish Hogmanay parties hundreds of years ago.



## **Activity - Comprehension**

Read the *New Year Celebrations* for each country on the following 4 pages and answer the questions in the spaces provided, ensure that you number your answers and write them in full sentences:

1. In Greece why is it so important to have the dinner table heavily laden with food?
2. What is the most important festival of the whole year in Scotland? As a result of this, what happens to the home?
3. What are some of the foods cooked in the home for Scotland's New Year's Celebrations?
4. Germany's New Year's celebrations are very similar to what other countries? Why?
5. What are some of the foods which are eaten during the New Year's celebrations in Germany?
6. How does the country China celebrate New Year's?
7. In Vietnam, why must food be prepared beforehand?
8. In Sri Lanka and Tamil Nadu, what is the first meal that is eaten during these celebrations?
9. What do the Tamil people eat?
10. How does the Jewish culture celebrate New Year's?
11. In Iran what do eggs symbolise?
12. In Iran what happens on the thirteenth day of Nowruz?

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## **Significance of food at New Year Celebrations Around the World**

### **Australia**

No special food, but usually a time for families and friends to gather and share a meal. Parties are held all over the country on New Year's Eve. The New Year is "toasted" with champagne at midnight on New Year's Eve. Fireworks are also a significant event for the evening.

### **Greece**

St Basil's cake is shared with the whole family on New Year's Eve. The father of the family shares this large cake in the following order - the first slice is for St Basil, the second for the house, the pieces are cut for each member in order from the oldest to the youngest. There may also be a piece for the farm animals, then there is a large final piece for the poor. A silver or gold coin is hidden in the cake, and whoever finds it will have luck throughout the year.

On New Year's Day, it is important to have the dinner table heavily laden with food. This, it is believed, will ensure that there are two kourabiedes (shortbread with almonds) and thiples (Greek dessert). Honey, olive branches, nuts and fresh fruits, especially pomegranates, are on the tables to symbolise happiness and prosperity.



### **Scotland**

The New Year is the most important festival for the whole year. Houses are thoroughly cleaned and much home cooking is done. New Year's Eve is "open house". Home cooked food is available for all guests. Haggis, scones, oatcakes, cheese, shortbread and New Year black bun are washed down with large amounts of whisky and wine. At midnight Scots link arms in a circle and sing "Auld Lang Syne", a tradition that has been adopted by Australians. The New Year's Eve revelry and eating continues into the New Year's Day and sometimes longer.

Listen to Auld Lang Syne:

<https://www.youtube.com/watch?v=4pxAZu4fiok>



<https://www.youtube.com/watch?v=AI7ONqrdsY>

## **Germany**

On the morning of New Year's day, people either buy or make giant pretzels - they can be so big that those who buy them from the bakery carry them home on their heads. Heart shaped honey biscuits, star-shaped cinnamon biscuits and chocolate pretzels are also popular for New Year suppers, not only in Germany but also Switzerland and Holland.



## **Jewish**

On New Year's eve the table is decorated with candles and fresh fruit of the season, especially grapes (this festival was originally a *harvest festival*). Bread called challah, which is shaped like a snail's shell to remind everyone that the year goes round and round, is placed on the table along with a jar of honey, in the hope that the New Year will be sweet. Pieces of fruits are dipped into the honey or it is spread onto the challah. Fish is traditionally eaten as a main part of this dinner because fish is the symbol of fertility and of plenty.



## **Iran**

The New Year festival is called Nowruz and is thousands of years old, dating back to ancient Persia. A special table is set with seven articles, all of which begin with the letters in Persian. The seven letters were believed to bring good luck. They include: seed sprouts (usually wheat, oats and other seeds, which symbolize rebirth) senjed (also known as silverberry or Persian olive, which is thought to spark love) garlic (protection), apple (fertility), sumac (love), vinegar (patience), and samanu, a pudding made of sprouted wheat (affluence).

Eggs which symbolise new life, are dyed bright colours and placed on the table. They are also given as gifts - this tradition has continued for several thousand years. On New Year's day, friends and relatives visit each other and share a special feast that always includes baklava, sugar biscuits and almond biscuits, which have been prepared, several weeks before Nowruz.

The thirteenth day of Nowruz is a public holiday on which it is considered unlucky to stay in the house or work. People therefore end Nowruz with picnics in the park and gardens.

### **China**

Customs vary but does have a special focus. Some people do not eat meat on New Year's Day as a mark of respect for animals, but they may eat seafood accompanied by vegetables. For many, pork dishes are considered an important part of the New Year celebrations. Dumplings of various kinds are often eaten, their round shapes signify a strong and unified family during the coming year. Street celebrations, dragon parades and fireworks are also important.



### **Vietnam**

Special food is eaten that must be prepared beforehand because it is considered unlucky to prepare food on New Year's day. A special rice pudding chung is normally served. Other popular New Year foods are pressed meats, preserved sweets, beef, chicken, fish, oranges, coconuts, grapefruit and other seasonal fruits, especially melon. Watermelons are considered to be lucky, especially those with a rich red colour (Red is lucky for all people of Chinese origin). Some people dye the watermelon seed red and serve them as a delicacy. At midday on New Year's day a special offering of food is placed on the household altar for the family ancestors.

## Sri Lanka and Tamil Nadu

The first meal of New Year is milk rice (pongal) which is cooked by the father or by the chief male relative. After this meal people often visit the temple and pray for good fortune for the New Year. Tamil people (from the southern India State of Tamil Nadu: many also live in Sri Lanka) cook a special curry that contains seven particular fruits and vegetables; potatoes, sweet potatoes, pumpkin, eggplant, cashew nuts, bananas and jackfruit.



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## **Family Reasons**

Family occasions are an important part of family life and families all over the world choose to celebrate occasions that are important to them. Special events are usually celebrated with family and friends and involve food and gathering around food. Family occasion examples include:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Mothers Day** is celebrated to appreciate Mother's and give them the day off. It is a celebration honoring mothers and motherhood, maternal bonds, and the influence of mothers in society.

**Father's Day** is a celebration honoring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society.



## Activity - Mother's Day

Use the Word Bank to complete the passage below

parents	fruit	Sunday	because	bake
presents	filled	travel	flowers	without
chrysanthemums	cake	2nd	traditions	gave

Today in Australia Mother's Day is celebrated on the \_\_\_\_\_ Sunday in May. Originally it was celebrated on the fourth \_\_\_\_\_ of Lent. It was known as Mothering Sunday \_\_\_\_\_. people who lived in villages or places \_\_\_\_\_ a church would \_\_\_\_\_ to the Mother parish to go to church on this \_\_\_\_\_. As people started to \_\_\_\_\_ away from home it was \_\_\_\_\_ to give this particular day off so they could visit their \_\_\_\_\_.

In large houses the cooks would often \_\_\_\_\_ cakes for the other servants to take home as \_\_\_\_\_. Bunches of \_\_\_\_\_ were also picked for \_\_\_\_\_. Today in Australia \_\_\_\_\_ are traditionally known as Mother's Day flowers. Simnel Cakes are the traditional \_\_\_\_\_ baked for Mothering Sunday. It is either a flat cake \_\_\_\_\_ with currants and almonds or a rich dark \_\_\_\_\_ cake.



## **Historical Reasons**

Events in History can influence when and how a special occasion is celebrated. Special occasion historical events can be:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Anzac Day

- Is a national Australian and New Zealand holiday celebrated on April 25<sup>th</sup>.
- It reminds people of the courage, unity, sacrifice and loyalty of the Australian and New Zealand Army Corps who fought at Gallipoli in 1915.
- Women baked ANZAC biscuits to send to the soldiers fighting overseas and to raise funds for the war efforts.

### Valentines Day

- Presents, cards, and flowers are given to loved ones.
- It is celebrated on the 14<sup>th</sup> February.
- St Valentine was a Christian priest who was put to death for performing secret marriages.
- He fell in love with the Jailer's daughter and left a note for his lover signed 'Your Valentine'.

### Halloween

- Is celebrated on the 31<sup>st</sup> October.
  - It is derived from *All Hallow's Eve*, later known as Halloween.
  - Originated with the ancient Celtic festival of *Samhain*, when people would light bonfires and wear costumes to ward off roaming ghosts.
  - It is the night before *All Saints Day*, to pray for the dead.
- Children dress up and go door knocking with 'trick or treat', which has evolved from poor citizens that would beg for food and families would give them pastries called "soul cakes" in return for their promise to pray for the family's dead relatives.



## Activity - Valentines Day

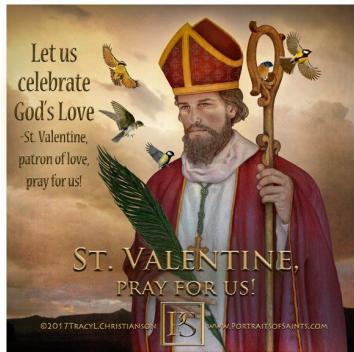
Use the Word Bank to complete the passage below.

chose	knew	love	jail
drawing	death	marriages	millions
Valentines	unsigned	expensive	forbidden

This is now a day when PRESENTS AND CARDS ARE GIVEN.

St Valentines was a Christian priest who was put to \_\_\_\_\_ for his faith by a Roman Empire Claudius II in 270 AD on the 14th February. He was known as the “apostle of true \_\_\_\_\_” because he performed \_\_\_\_\_ in secret for Christian Roman Soldiers who were \_\_\_\_\_ by Claudius to marry. On the day he was thrown into \_\_\_\_\_ he fell in love with the Jailer’s daughter. That was the day he was put to death, so he left a note for her signed.....

“YOUR VALENTINE”.



A Pre Christian pageant festival was “Lupercalia”. Men \_\_\_\_\_ a girl by a ballot system. The girl never \_\_\_\_\_ who would choose her. Today part of that ritual is in Valentine’s customs as the cards are left \_\_\_\_\_, leaving the receiver not knowing who sent the card.

In Elizabethan times it was similar as \_\_\_\_\_ were chosen by \_\_\_\_\_ anonymous names. The men then had to make his Valentine a \_\_\_\_\_ gift. The custom died out to be taken over by cards and \_\_\_\_\_ presents.

Today \_\_\_\_\_ of Valentine's cards are bought and sent all over the world.



# **Design, plan and prepare food items for special occasions.**

There are many special occasions where planning is an imperative part of the process, as is design and preparation.

**Watch clickview : Food Planning for Special Occasions**  
(20mins 28sec)

<https://clicky.ie/w/XENn>

1. Identify some events where food is used to celebrate.

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2. What are some of the challenges involved in catering for large events?

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3. According to Brenden Turley, why is it important to be organised as much as possible before going to the event?

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4. What are some of the skills or tools that a catering business should provide?

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5. How much ahead of time is it recommended the chef arrives prior to the function starting?

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6. With any special occasion, it's important to remain  
\_\_\_\_\_  
and  
\_\_\_\_\_.

7. Identify what some of the suggested 'pitfalls' to catering are.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

8. What are two influences of menu writing?  
\_\_\_\_\_  
\_\_\_\_\_

9. What could happen if you don't leave very specific instructions for other chefs?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

10. How is nutritional balance achieved?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

11. Every chef aims to deliver food that is \_\_\_\_\_.  
\_\_\_\_\_  
\_\_\_\_\_

12. What are the consequences of not having enough time?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

13. What do smaller events require the caterer to know?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

14. What do chefs thrive on?  
\_\_\_\_\_  
\_\_\_\_\_

15. What are some of the suggested skills that chefs working in the industry should have?

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**Activity**

If you were in charge of organising the following events. What considerations should you make when preparing, designing and planning for (this will also be discussed further in your assessment task). Eg, how many guests, location etc. Make a list for both events.

1. NAIDOC week celebrations
2. A Children's 4th birthday party

**Activity:** After you read the following pages - tick any of the considerations that you also made when planning the NAIDOC and birthday celebration in the previous activity.

### **Factors to consider when menu planning for special occasions**

When planning to feed a group of people for any occasion, it is important that the following considerations are taken into account when menu-planning for a special occasion.

#### **Nutritional value of food**

- 
- 
- 
- 

#### **Food Appeal**

- Foods served at any meal must appeal to the senses.
  - C \_\_\_\_\_ : different-coloured foods make a meal more appealing.
  - A \_\_\_\_\_ : the aroma of a food has a great impact on its actual flavour, because flavour is a combination of smell and taste.
  - F \_\_\_\_\_ : flavours in any menu must be varied. The five flavours are ; sweet, salty, sour, bitter and umami (savoury)
  - T \_\_\_\_\_ : texture is also known as 'mouthfeel'. A well planned menu will consist of different textures. Examples, smooth, grainy, crunchy, sharp, rough, soft.
  - \_\_\_\_\_ and \_\_\_\_\_ : a menu must not only be suitable for the type of celebration, but also be appropriate for the setting or location of the event.

## Characteristics of Diners

- **Age:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- **Health:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- **Energy levels:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- **Culture:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- **Tastes:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- **Number:** \_\_\_\_\_  
\_\_\_\_\_



## **Resources**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## **Activity**

Using Food Tech focus (Nelson - 2nd Edition), page 313. Summarise the 4 subheadings for resources in the table below.

<b><i>Resources</i></b>	<b><i>Summary</i></b>
<i>Ingredients</i>	
<i>Equipment</i>	
<i>Skills</i>	
<i>Money</i>	
<i>Time</i>	

## **Investigate the importance of food presentation and service for special occasions**

Foods for special occasions are carefully chosen and prepared. However, a meal can be ruined if it is not served properly and presented attractively depending on the style of service i.e, buffet, dinner party, BBQ etc. The style of service will also contribute to the type of decoration and service ware used.

Every good chef knows the importance of making food look as appealing as possible for the consumer. For a special occasion, guests expect food to look colourful and exciting.

### **Garnishes & Decorations**

Garnishes and decorations may be described as the “finishing touch” to a prepared dish. It is a way of enhancing a meal’s appearance and appeal. They help to make the food more colourful and interesting. A garnish is a sweet or savory edible item that is used to enhance the appeal of a dish or meal for example, a strawberry fan, lemon twist, celery Curl, cheese sprinkles, piped cream or parsley sprig.

Decorations are items that appeal to a table or food; for example, an ice sculpture on a buffet table, a Posy of flowers around food plates or white frilly cuffs placed on the crown of roast lamb. They are not necessarily edible.

It is the job of a food stylist to make sure that a food or dish looks its best. These people are often employed in the food photography industry to take photographs of dishes for cookbooks or food magazines. The food stylist uses interesting backdrops, plates, cutlery, garnishes and table decorations to capture the desired image of the food. The consumer must almost be able to taste the food when they look at the picture.

A \_\_\_\_\_ is a savoury (edible) item that can be used on savoury dishes. E.g., lemon twist, parsley sprig, celery curls, edible flowers.

A \_\_\_\_\_ is a sweet (edible) item that can be used on sweet dishes. E.g., chocolate curls, strawberry fan, icing sugar.



The photographs of the two cakes above were taken for a Food Magazine. The food stylist uses many different techniques to capture the theme of the food.

Garnishes and decorations should:

- Compliment the food
- Be simple and edible
- Enhance flavour and colour
- Be fresh, natural and of good quality
- Suit the occasion and the dish
- Have a function

Presenting foods does not have to be time-consuming. If time is limited, there are many shortcuts that can be taken. For example, instead of piping icing in a decorative design on a cake, you can place a paper doily over the cake comma dusted with icing sugar, remove the door to uncover the pattern and then add some fanned strawberries.



When presenting foods for a special event you should make sure:

- Tablecloths are clean, white cloths are more attractive than coloured or patterned course
- decorations are simple yet appealing
- similar colours and themes are used
- a variety of garnishes are used
- plates are adequate in size
- serving plates have no messy spills and drips
- foods are presented at different heights on a buffet table and arranged around a central area
- serviettes are folded decoratively and displayed on plates or tables

### **Activity**

Research garnishing cake techniques. Some helpful hints and youtube links are below.

Cake decorating techniques, tips, designs, ideas, flavours and styles are:

- Butter or vienna cream
- Naked cakes
- Fondant
- Drip cakes
- Cakes with fondant characters
- Piped icing
- Ganache
- Lollies
- Chocolate decorations
- Floral (edible and fresh)

**Plus many more, research for more ideas.**

### **Activity**

Create a google doc titled 'Cake decorating techniques'. Use this as a brainstorming ideas page. Add pictures and research the techniques above so that you are aware of how to do each technique. You may want to use this in your assessment task.

## **Garnishes and decorating youtube links**

**Cake Decorating for Beginners | How to Fill, Ice and Crumb Coat a Cake**

**<https://www.youtube.com/watch?v=wMH7XcbO0Bo>**

**5 Quick & Simple Cake Decorating for Beginner | Easy Chocolate Cake Decorating Ideas | So Yummy**

**<https://www.youtube.com/watch?v=Fkjpcu5xizo>**

**Preparing Edible Garnishes**

**<https://www.youtube.com/watch?v=nC-uZi733t8>**

**SIMPLE FOOD DECOR TIPS FOR BEGINNERS AND CHEFS**

**[https://www.youtube.com/watch?v=1zIKBYaj\\_H0](https://www.youtube.com/watch?v=1zIKBYaj_H0)**

**10 Chocolate Decoration Ideas to Impress Your Dinner Guests | Chocolate Dessert Hacks by So Yummy**

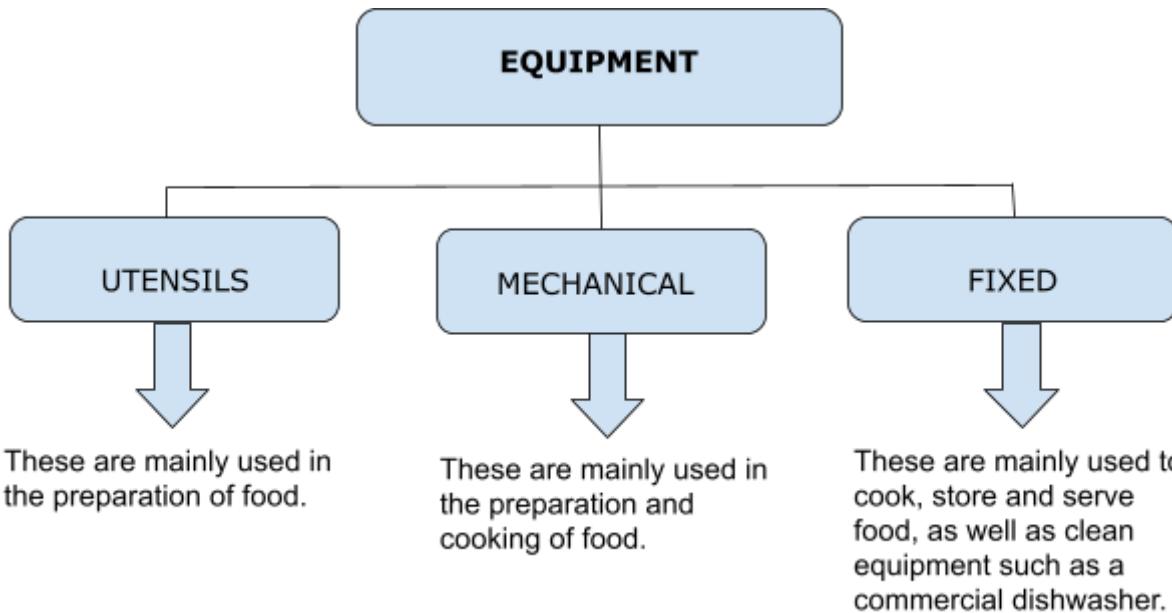
**<https://www.youtube.com/watch?v=dSVqf8hTD9o>**

**Top 15 Beautiful Cake Decorating Tutorials | Most Satisfying Chocolate Cake Decorating Ideas**

**<https://www.youtube.com/watch?v=-DIBb2zeF5s>**

## **Equipment and Techniques used for Cake Decorating**

Each type of equipment serves its own purpose in the kitchen. Equipment may be classified as utensils, mechanical or fixed.



The size of an event can have a great impact on the preparation as well as the type of equipment to be used to cater for cake making for special occasions.

You will need to identify, select and demonstrate the use of very specific equipment that is suitable for decorating cakes.



Here is a list of equipment that is suitable for cake decorating. Some of which you will be provided with for your own assessment task and some you will need to provide.

- Rolling pins
- Cake boards
- Cake leveler
- Knives
- Fondant tools
- Bowls
- Spatulas
- Cookie cutters (round - plain & crinkled, large letter & number)
- Cake turntables
- Angled palette knives
- Electric mixers (hand)
- Electric mixers (fixed)
- Half moon scrapers
- Piping bags and nozzles
- Any other equipment you would normally have access to in ordinary practical lessons



## Workflow

When food is prepared in a commercial setting, there must be a logical workflow. Workers must not waste time by getting stuck in areas of the kitchen in which others are trying to work. Cluttered Kitchens where some staff are cleaning in the same place that others are trying to prepare raw ingredients are a disaster! Work does not flow freely and food can easily be contaminated.

Use the words in the word bank below to complete the passage.

Word Bank					
Equipment	time plan	Washing	Preheating	Smoothly	Orders
Meats	Completed	Stove	Forgotten	Workflow	Preparations
Greasing	Wiped	Storage	Organised	Right	organisation
Clutter	Cutting	One	planning	efficiently	Sequential

It is important when preparing meals for celebrating special occasions that all run \_\_\_\_\_. This can only happen with careful \_\_\_\_\_ and \_\_\_\_\_. You need to think about what \_\_\_\_\_ is needed and how long they will take you. A helpful guide is to follow a “\_\_\_\_\_” which states what needs to be done in the correct \_\_\_\_\_. In this way, it is easy to make sure that nothing is \_\_\_\_\_.

Another organisational hint for working \_\_\_\_\_ is to follow good \_\_\_\_\_ practices. This involves checking that you have the \_\_\_\_\_ ingredients and \_\_\_\_\_ before you start, making sure that the area you intend to work in is clear of \_\_\_\_\_ and \_\_\_\_\_ and making sure that everything you need is close at hand. It also involves organising steps of recipes into a \_\_\_\_\_ order.

## **Activity**

The following are steps in a workflow plan. You will need to arrange the steps into the correct order.

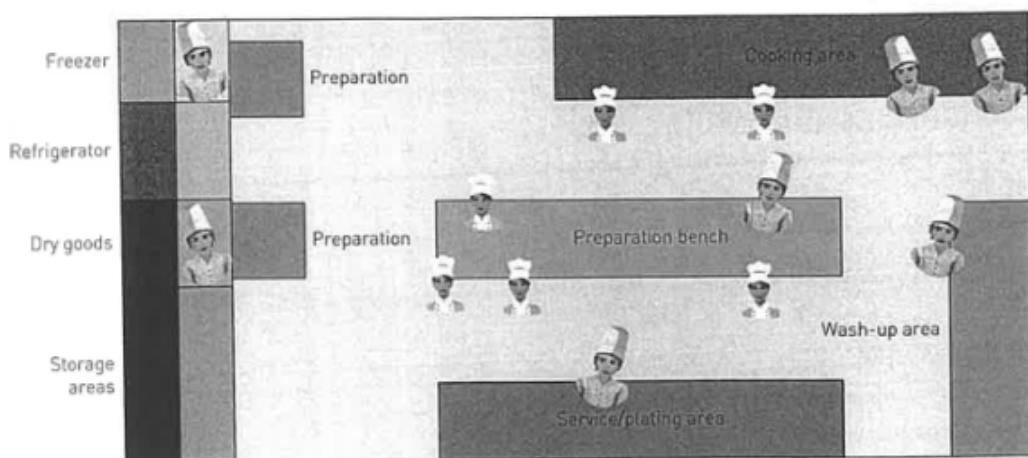
Order	Task
	Present food for service
	Complete preparation tasks (e.g. chopping, slicing, blending)
	Set up work
	Complete cleaning tasks
	Collect utensils
	Complete cooking tasks (stir fry)
	Wash vegetables
	Measure and collect ingredients

## **Activity**

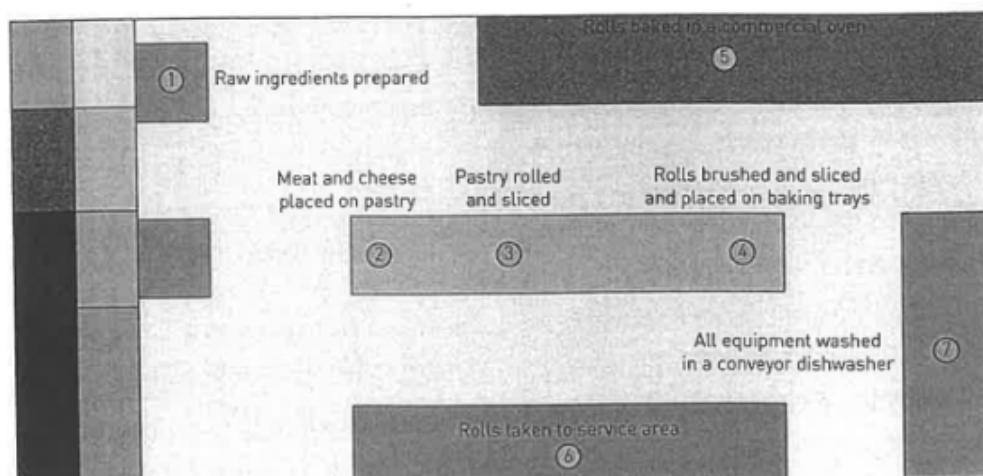
Find the recipe for basic butter cake on page 328 Textbook: "Food Tech Focus" and read the ingredients and method to devise a workflow plan below. Time allocated is a double period, so use the times for that period in the time column to add up in total. Don't forget to include cleaning at the end.

# Workflow Plan

<b>Timing</b>	<b>Step/Process/Task</b>	<b>Equipment</b>



**Figure 9.16** Each chef is allocated an area in which to perform their tasks to avoid problems such as cross-contamination.



**Figure 9.17** A commercial kitchen layout to prepare sausage rolls. You can use this layout when making the chicken and ricotta sausage rolls at the end of this chapter.

## **Work areas in the kitchen**

Dividing up the kitchen into four work areas ensures that workflow is smooth, time is not wasted and cross-contamination does not occur. Remember that any equipment needed at each stage or area of the kitchen must be located quickly.

1.

2.

3.

4.



2020 Booklet written using:  
NSW syllabus for the Australian Curriculum  
Food Technology  
Years 7-10  
Syllabus  
2019 (NESA)

Year 10 Food for special needs student and teacher booklet pre 2019

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[https://www.health.qld.gov.au/\\_data/assets/pdf\\_file/0032/428288/jarjums-sect3-less3.pdf](https://www.health.qld.gov.au/_data/assets/pdf_file/0032/428288/jarjums-sect3-less3.pdf)

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<https://www.newzealand.com/int/feature/traditional-maori-foods/>

## **Extra Activities**

### CULTURAL ACTIVITY

YOU AND YOUR FAMILY ARE GOING TO CELEBRATE AUSTRALIA DAY THIS YEAR AT YOUR HOME WITH A PARTY FOR 20 GUESTS, CONSISTING OF FAMILY AND FRIENDS.

1. Design a suitable invitation to be pasted into your book.
2. In your book, plan a menu and list all the foods and beverages that you will serve.
3. Describe the decorations and entertainment that you will use.

RESEARCH THE CELEBRATIONS OF THE FOLLOWING COUNTRIES

Christmas

Australia Day

Anzac Day

Canada Day – Canada

Independence Day – USA

St. Patrick's Day – Ireland

Bastille Day – France

Republic Day - Italy

### Questions

1. When is this day?
2. Why is this day celebrated?
3. What foods are traditionally consumed on this day?
4. What activities take place on this day?

## **Research Activity**

1. Your teacher will allocate each pair a celebration.
2. Working in pairs, you are to use the internet to conduct research on your given celebration. Your teacher will share a google doc with the class and you need to populate the google doc based on your research. Include information about the following:

- a. When is this day?
  - b. Why is this day celebrated?
  - c. What foods are traditionally consumed on this day?
  - d. What activities take place on this day?
- Christmas (<https://www.youtube.com/watch?v=9Wxixc0KI58>)
  - Easter (<https://www.youtube.com/watch?v=Y3UKd6LQKng>)
  - Lent (<https://www.youtube.com/watch?v=Xo1mjuy1NA0>)
  - The Sabbath (<https://www.youtube.com/watch?v=cKBL5Kb8K9o>)
  - Passover ([https://www.youtube.com/watch?v=82\\_wOly2l\\_A](https://www.youtube.com/watch?v=82_wOly2l_A))
  - Rama Navami
  - Janmashtami
  - Ramadan
  - Halloween
  - Valentines Day
  - Diwali (<https://www.youtube.com/watch?v=HrrW3rO51ak>)
  - Obon
  - Holi
  - Day of the Dead
  - Hogmanay
  - Bastille Day
  - Independence Day
  - St Patrick's day
  - Waitangi Day
  - Naidoc Celebration
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