



Learning Outcomes

- **PD2-6** Describes how contextual factors are interrelated and how they influence health, safety, wellbeing and participation in physical activity
- **PD2-7** Describes strategies to make home and school healthy, safe and physically active spaces
- **EN2-10C** Thinks imaginatively, creatively and interpretively about information, ideas and texts when responding to and composing texts
- **ST1-5LW-T** Identifies how plants and animals are used for food and fibre products



Resources and Preparation

Resources

Video (V)

- Video 11 – [Your tongue: the taste maker](#) (3:51)

Worksheets (WS) and Information sheets (IS)

- Worksheet 13 – Native bush foods meet common recipes
- Worksheet 19 – Taste-test
- Information sheet 3 – Native Bush Foods

Materials

- Disposable gloves for safe food handling
- Paper towels or wipes for cleaning up after eating in taste-test
- Pencils for writing

Preparation

1 week prior to lesson

- Send permission slip for tasting activities (a modifiable one is available at healthy-kids.com.au/teachers/fruit-veg-month/2022-resources/)
- Organise selection of fruit/vegetables
- Collect resources required
- Complete risk assessment if required

Prior to lesson

- Print out WS 13 – 1 recipe per 2 students
- Print out WS 19 – 1 per student
- Print out IS 3 – as needed

FOOD TASTING/FOOD PREPARATION

In the final lesson, students can taste-test some fruit/vegetables. Students write about the taste, texture and appearance of the foods. On a worksheet, pairs of students adapt a common recipe to include native bush foods.

Introduction (10 mins)

Discuss with the whole class what they have learned about local foods so far, and how they feel about eating locally and directly from the nature around them. Have any of them ever tried any new fruit or vegetables? Discuss how you would describe a new taste. Watch V11 to introduce the students to the concept of tasting.

Activity (40 mins)

1. Discuss with the class what a taste-test is and how to describe taste, smell, structure and more, when eating something. Brainstorm different words to describe the foods.
2. Depending on what is practical, you can choose one of the options below for a taste-test with the students:
 - a) Students can taste-test their own fruit or vegetables brought to school e.g. for Crunch & Sip
 - b) Students can taste-test local versus non-local fruit and vegetables
3. Students wash hands and then choose a fruit or vegetable from the selection.
4. Students have a taste of the food. If a student declines to taste they can use their other senses to explore the item.
5. Guided by WS 19, they write about the taste, texture, appearance and how they feel after tasting the food.
6. Students pair up and receive a recipe (see WS 13).
7. By doing some research and using IS 3, students are to replace or add as many ingredients as possible with bush foods.

Conclusion (15 mins)

Ask the students to share what they thought of tasting their food. Ask who tasted the foods for the first time and who has a good way to describe the taste, smell, texture, etc.

Assessment

- For:** Students are able to replace ingredients with native bush foods.
As: Students describe the food that they tasted.
Of: Students can apply previously learned knowledge to a new task.

Differentiation

- Extend:** With the whole class or in groups, some of the recipes created with the new ingredients cooked be prepared in class, perhaps for an audience.
Simplify: Students can compare familiar recipes to those that use native ingredients.

School/Home Link

Students could cook the new recipes at home. Recipes could be shared in the newsletter.

Duration | 65 minutes

Worksheet 13.1 | Native bush foods meet common recipes

What native bush foods could replace or be added to some of the ingredients in this recipe?

Rainbow salad

Serves 2



Ingredients

- ½ head of purple cabbage, grated
- 1 large cucumber, sliced
- 1 punnet of cherry tomatoes, sliced
- 1 carrot, grated
- Juice of ½ lemon
- 1 tsp. of sesame seeds
- 1 tsp. of thyme leaves
- 2 tbsp. olive oil

Method

1. In a large bowl add the cabbage, cucumber, cherry tomatoes and carrot.
2. Dress the salad by adding the lemon, thyme and olive oil and mixing through.
3. Sprinkle the top with sesame seeds.

Worksheet 13.2 | Native bush foods meet common recipes

What native bush foods could replace or be added to some of the ingredients in this recipe?

Spaghetti Bolognese

Serves 10



Ingredients

- 5L of water, in a large pot
- 1 onion, diced
- 2 garlic cloves, crushed
- 1 tbsp cooking oil
- 500g lean beef mince
- 500g of dried spaghetti pasta
- 60g tomato paste
- 1 x 400g can diced tomatoes
- 2 tsp mixed herbs (dried or fresh)
- ½ cup water
- 1 large carrots, grated
- 2 cups mushrooms, roughly chopped
- 2 zucchinis, grated

Method

1. Heat the large pot of water on high heat until it starts to boil.
2. While waiting for the water to boil, sauté the onions and garlic in oil, until soft.
3. Add the mince and fry until completely browned.
4. Add the dried pasta into the large boiling pot of water and cook for 10-12 minutes.
5. While waiting for the pasta to cook, add the tomato paste to the mince and cook for 2 minutes.
6. Add tomatoes, herbs, water, carrot, mushrooms and zucchini and simmer for 20 minutes.
7. If the sauce starts to dry out, add a little more water.
8. Strain the pasta and add the Bolognese sauce.
9. Serve with grated parmesan on top.

Worksheet 13.3 | Native bush foods meet common recipes

What native bush foods could replace or be added to some of the ingredients in this recipe?

Fruit Jelly Cups

Serves 2



Ingredients

- 2 cups apple juice
- 2 tsp. gelatine powder
- ½ punnet strawberries, chopped
- 2 plums, seeded, chopped
- 1 punnet blueberries, chopped

Method

1. Heat up the apple juice in a small pot until it boils.
2. Add the gelatine powder and stir until dissolved, leave to cool slightly.
3. Split the chopped berries and plums into four and place in four glasses.
4. Pour the apple juice on top until the fruit is covered.
5. Place the fridge until it sets – about 3-4 hours.
6. Serve cold.

Native bush food ingredients

Lemon myrtle	<p>Flavour: This herb has a clean and crisp lemon flavour.</p> <p>Use: Can be substituted in almost any recipe that calls for lemon or lemongrass. Example in salads, dressings and sauces.</p>
Mountain pepper	<p>Flavour: The leaves have a strong peppery taste.</p> <p>Use: Can be used fresh to add a lot of flavour to both sweet and savoury dishes, especially pastas and purees.</p>
Wattle seed	<p>Flavour: This seed has a chocolate hazelnut flavour.</p> <p>Use: Great in breads, savoury recipes e.g. curries, and salads. Can also be used to thicken sauces.</p>
Native gooseberries	<p>Flavour: The flavour of these berries ranges from sour to sweet. The riper they are, the sweeter they are.</p> <p>Use: They can be used in desserts, jams, chutneys and added to drinks.</p>
Finger lime	<p>Flavour: It has a fresh lemony-lime flavour.</p> <p>Use: Perfect in a salad dressing, to garnish a salad or add some zing to your water.</p>
Davidson plum	<p>Flavour: It has a sour fruity flavour.</p> <p>Use: Often used in jams, yoghurt and sauces. Can also be added to smoothies.</p>
Quandong	<p>Flavour: This fruit has a sweet taste with and slightly sour and salty aftertaste.</p> <p>Use: Can be eaten fresh but also dried and stored for future use. Often used in products like jams, sauces and juices.</p>
Saltbush	<p>Flavour: This herb has a salty, herby flavour</p> <p>Use: Combines well with other bush spices like lemon myrtle in seasoning mixes. Saltbush flakes are also good in bread, grilled food and pasta.</p>
Bush tomato	<p>Flavour: Has an intense flavour and can be compared to sun-dried tomatoes.</p> <p>Use: Usually used in dried form. In scones and breads, salsa, relishes and chutneys. Can be used in salads, but boil first. Great for to be used as tomato sauce.</p>

Teacher's notes for swapping ingredients

Rainbow salad

- Replace some of the tomatoes with boiled bush tomato
- Add finger limes
- Replace sesame seeds with wattle seeds
- Replace thyme with lemon myrtle

Spaghetti bolognese

- Add bush tomato
- Add salt bush to season
- Add mountain pepper to season

Fruit Jelly Cups

- Replace plum with Davidson plum
- Replace strawberries with native gooseberries
- Add quandong
- Add finger limes

Worksheet 19.1 | Taste-test

A taste-test is a way to explore and describe your food. When doing a taste test, you don't only use your taste, you also use your vision (what does the food look like?) and smell (what does the food smell like?).

For a good taste-test, other aspects of the food and your experience are also important. Think of the structure of the food, the intensity of the taste and even if you like it or not.

Fill out the table below to ensure you do a thorough taste-test on your food.

After your taste-test, fill out the last table to apply what you have learned over the previous lessons.

Before you taste anything, fill out the pre-tasting questions below:

Pre-taste	
The food taste-tested:	
Describe what the food looks like: (colour, shape, size, etc)	
Describe what the food smells like:	
Describe what the food feels like in your hands: (hard/soft, heavy/light, etc.)	
What do you think the food will taste like?	

Worksheet 19.2 | Taste-test

During/Post-taste	
Describe what the food tastes like: (Sweet, savoury, sour, bitter, combination, intensity, etc)	
Describe the aftertaste of the food: (How long does the flavour stay? Is there a strong aftertaste or is it quickly gone?)	
Describe the structure of the food: (Watery, grainy, buttery, crispy, creamy, chewy, etc)	
Do you like the food or not? Explain why.	
How do you feel after eating the food?	
Write a 2 or 3 sentence review for the food:	

About the food	
Where does your fruit or vegetable come from?	
Is your fruit or vegetable in season where you live?	
Would you be able to grow your fruit or vegetable in your own garden? Explain why or why not.	
What would your fruit or vegetable need to grow in your garden?	