

CHAPTER 11

Making considered food choices

ACCESS PRIOR KNOWLEDGE

- 1 Discuss how your family influences the foods that you eat.
- 2 Outline cultures/religions that have specific food rules and customs.
- 3 Describe how where you live impacts your food choices.
- 4 What we eat is an issue of sustainability. Name the environmental concerns influencing our food choices.
- 5 Discuss whether organically produced foods are better for you?

11.1 What factors influence the food choices of a young person?

internal Describes factors that influence food choices of people – for example, family and culture.

external Describes factors that influence food choices that are outside a person – for example, advertising and the media.

culture Beliefs, customs, traditions and social practices of a group of people.

peer group A social group of people who are equal in terms of age.

ethics The science of how we should live or attempt to live. Behaviours and decisions that reflect right or wrong.

social factors The factors influencing food choice that are related to the interaction of people.

cultural factors The beliefs, customs and practices of a particular group of people that influence food choice.

family A group of related people, including parents, children and grandparents.

lifespan The length of time that a person can be expected to live and the stages through which they will progress – for example, infancy and adolescence.

Choosing food for good health is often difficult. Think about the food that you have eaten today. Were you really hungry when you ate? Who prepared the food you ate?

There are a large number of **internal** and **external** factors that influence the food choices of a young person. Our family, **cultural** background, religion and beliefs, friends or **peer group**, our **ethics**, the properties of food and the way we are feeling (our emotional state) all have an influence over the foods that we choose to eat.

Social, ethical and **cultural factors** play a major role in the foods that we eat.

11.2 Social influences

Some activities that we share with our family and friends involve food and eating. These two groups of people therefore play an important role in introducing us to new foods as well as in shaping our food opinions and preferences.

Family

Our **family** has a major influence on the foods that we choose to eat. Throughout our **lifespan** it is mainly our family who influence our food skills and knowledge. They have a major impact on our nutritional knowledge and therefore our food consumption.

11.1 LET'S COLLABORATE

What did you eat last week? Develop a list of the foods that you have eaten, where you ate them and with whom. With a partner, talk about who prepared the food you ate. Explain whether you chose the food or whether it was prepared for you by someone else. Identify the cultural influences and the country of origin related to the foods you ate.



Figure 11.1 Our peers are likely to influence our food choices.



Figure 11.2 Family has a major influence on our food choices.

Our food preferences (likes and dislikes) and willingness to try new foods are the result of family influences, as are the foods that are available to us.



Figure 11.3 You can do much more with Brussels sprouts than boil them!

Consider this: if your parents choose to purchase Brussels sprouts, cook them in an interesting way and encourage you to try them, then you may discover that they are a delicious vegetable. Likewise, if the person who purchases the food in your family chooses to buy a variety of fresh fruits, you are able to see that these really are a tasty snack. Additionally, if you eat these foods regularly, your body comes to crave them.

Tasty Trivia

A Chinese meal may start with some cold dishes, like boiled peanuts and smashed cucumber with garlic. These are followed by the main courses, hot meat and vegetable dishes. Finally, soup is brought out, which is followed by the starchy 'staple' food, which is usually rice or noodles or sometimes dumplings.

Family meal patterns also influence the foods we choose to eat. Research suggests that those people who sit down to the table to eat a meal together as a family are more likely to eat foods that are healthier. Some families whose members do not sit at the table and eat together are more likely to eat foods that are higher in saturated fat and are often not prepared with fresh ingredients.



11.2 ACTIVITY

Family meals

- 1 Conduct a quick survey of your classmates. Find out the number of people who usually:
 - a sit at the dinner table as a family to eat their dinner
 - b sit on the couch to eat their dinner
 - c eat breakfast at the table with another person
 - d do not eat breakfast at all
 - e eat fast foods on the run.
- 2 Explain how breakfast is consumed in your family. Describe how this compares with the rest of your class.
- 3 Discuss why breakfast is one of the most important meals of the day.
- 4 Describe three factors that influence your eating habits at home.
- 5 Explain the reasons why you think people talk to each other more if they sit at the table to eat.
- 6 Outline the family values that can be reinforced when family members are eating meals at a table.
- 7 If you sit at the table, food is often eaten more slowly. Suggest why you think this is so. Explain why you think this is better for our digestive systems.
- 8 Discuss reasons why families are eating together less than they did in the past.



11.3 LET'S COLLABORATE

It can be a challenge for families to sit and share a meal every night. Identify the barriers to this. Design a tweet that could be posted to encourage families to share at least one meal together each week.



Figure 11.4 Different families have different eating habits.



11.4 ACTIVITY

Our Australian food and culture

Research the meal patterns of Aboriginal and Torres Strait Islander peoples living in traditional ways. Develop a picture collage of 10 different foods consumed.

Compare these with those of non-Indigenous Anglo-Australian families or another group of Australians (such as Chinese, Greek or Lebanese Australians). Remember that when we compare we should discuss both similarities and differences. Collate your findings using a Venn diagram.

Social influences, such as the daily lives of our families, also have a major impact on the foods that we eat. Often, our parents have to go to work, and this influences the time they have available to prepare meals.

Our cooking skills, food and nutritional knowledge are a result of what we have learned from our family



Figure 11.5 A grandparent showing young children how to gather traditional foods.

members. Grandparents or the elders of the family often pass their cooking skills on to their children and grandchildren.

Think about who is important in your family when it comes to teaching food skills. Explain what you have learnt from your family about cooking and food choices.

11.5 LET'S COLLABORATE

In many cultures, cooking is a family celebration. For example, Sauce or Sugo Day is an annual event in many Italian families, with members spending the day together making the sauce for the rest of the year. Cooking skills and food knowledge have been passed from generation to generation within families.

Are there any special or secret recipes in your family? Do you have family celebrations or days based on cooking? Share your answers with the class.



CREATE A SOLUTION

You have been asked to share your family cooking secrets with your class.

Ask your family members about special family recipes, cooking secrets or signature dishes. Prepare a food order and time plan for your production.

Produce your special family dish at school. Invite your family member to school to make it a real social celebration of food sharing.

happens when several young people visit the school canteen – it is likely that they will copy each other's behaviours and choose the same or similar foods to eat. These foods are often poor food choices in terms of their nutritional content.

11.6 LET'S COLLABORATE

Discuss how your peers or friendship group members influence your choice of foods, as well as when and where you choose to eat.

Peers

Peers are one of the major social influences on our food choices. Peer influence is an indirect influence – this is where we learn from our peers' behaviours and often copy or model their behaviours subconsciously. The same is true when it comes to food choices. Peers can have a negative impact on food choices. Consider what

Peers can also have a positive influence on food choices. The social support provided by our peers can have a beneficial effect on food choices and on healthy dietary change. Social support provided by peers in terms of healthy food choices can mean that we have a sense of group belonging – it is like a 'we are all in this together' feeling.



Figure 11.6 Who influences your food choices?





11.7 ACTIVITY

Evaluate your food consumption

Most meals these days are still eaten inside the home, although an increasing proportion of meals are being eaten outside the home: at school, at work and in restaurants.

- 1 Think about your food consumption over the past two weeks. Using your workbook or computer, develop a table like the one below. Complete the table to make a list of the times food was consumed inside the home or outside the home in another social setting.

Foods consumed inside the home	Foods consumed outside the home

- 2 In what social settings did you consume food? Discuss food consumed inside and outside your home.
- 3 Discuss the foods that you ate when you were with your friends. Evaluate the nutritional value of these foods.
- 4 Analyse how the place or venue where you consumed food affected your choice of food. Explain your findings.
- 5 Discuss the types of foods that were available to be eaten at home. Do you consider these to be healthy food choices? Discuss your response.
- 6 List the types of foods that were available to be eaten outside the home. Do you consider these to be healthy food choices? Discuss your response.

11.3 Cultural influences

Cultural influences that come from different ethnic groups can have a huge influence on people's food choices. Culture can influence the consumption of certain foods, can provide the traditional methods used to prepare foods and can lead to restrictions placed on the consumption of certain foods, such as the **exclusion** of meat and milk from the diet.

Culture has also influenced the number of different foods available in Australia. Migrants to Australia have brought with them lots of different food products and ingredients, methods of cooking and other food knowledge. This knowledge and these products have now become part of our everyday Australian food culture.

exclusion Preventing someone from eating a certain food.



Figure 11.7 Is a hotdog that you buy from a vendor the same as the hotdog you make at home? Which is better?



Figure 11.8 Chinatown in Melbourne is a popular destination for many people to eat out; there is a choice of almost 100 places to eat and drink.

11.8 LET'S COLLABORATE

Many cities have a Chinatown. Discuss the influence that these types of cultural hubs have had on our food consumption.

Tasty Trivia

Cultural influences can change. When people move to a new country, they may adopt particular food habits of the local culture, but research shows that the food people cook at home is the last to change.

Australia truly has a multicultural food culture.

11.9 ACTIVITY

Food from around the world #1

As a result of immigration, Australia has foods from many different cultures.

- 1 Develop a list of the foods from different cultures that you have consumed in the past week.
- 2 Develop a list of the foods from different cultures that your family eats regularly.
- 3 Compare your list with those of your classmates.
- 4 List the three most commonly eaten foods from another culture. Try to predict the answers before you have the results.

If you walk through the supermarket today and take a close look at the shelves, you will see that there is an array of food items from many different cultures. Large supermarkets even have sections of their shelves dedicated to particular foods – for example, Indian or Mexican.



Figure 11.9 Many different cultures contribute to the foods you can find in the supermarket deli and on the shelves. Can you identify some of the countries of origin of the food in these pictures?



11.10 ACTIVITY

Food from around the world #2

1 Investigate foods from around the world. Choose from one of the places listed below, then prepare a dish to share with your class so that you can have a world feast:

- | | | |
|-------------|------------|-----------------|
| • China | • Jamaica | • Pakistan |
| • England | • Japan | • Portugal |
| • Fiji | • Korea | • Russia |
| • France | • Latvia | • Samoa |
| • Germany | • Lebanon | • Scotland |
| • Greece | • Malaysia | • South Africa |
| • Indonesia | • Mexico | • South America |
| • Ireland | • Morocco | • Thailand |
| • Italy | • Nepal | • Turkey. |

2 Share with the class why you have chosen to prepare your dish.



11.11 ACTIVITY

Food from around the world #3

Visit your local supermarket and collect supermarket catalogues. Alternatively, go to a supermarket website like Coles Online to answer the following questions:

- Make a list of five products that are on the shelf from each of these cultures:

• Asian	• Indian	• Lebanese
• Greek	• Italian	• Japanese
- Find five other food products that you have never eaten or seen before. Write down the names of these products and suggest the food culture from which they have originated.
- Find three products on the shelf that are not made in Australia. Write down the names of these products and their country of origin.

DESIGN THINKING: REDESIGNING THE AUSSIE BARBECUE

Barbecues are popular in countries where there is good summer weather, like Australia. The best barbecue meats must cook quickly and be tasty to eat.

You want to celebrate the contribution that other food cultures have made to Australian cuisine by having an Aussie barbecue with a difference, one that represents barbecue foods from different countries.

Investigate barbecue foods from at least three different countries – for example, Greece, Italy and Fiji. One example of a barbecue dish from Greece is Souvlaki. Traditionally, it is served with lamb, onion and red capsicum. Name three other salad vegetables with which it could be served. Suggest a different sauce or flavouring with which the souvlaki could be served.

Write three criteria for success from the brief.

Greek souvlaki (skewered lamb)



Main tools and equipment

Knife, grater, bowl, measuring spoons, measuring cup, skewers





Production skills

Dicing, grating, marinating

Cooking methods

Grilling

SERVES 2

-  Preparation time: 40 minutes
-  Cooking time: 8 minutes
-  Serving and presentation time: 5 minutes
-  Total time: 53 minutes

Ingredients

				
250 g lamb, cut into 2 cm cubes	1/2 tablespoon olive oil	2 tablespoons lemon juice	1 teaspoon lemon rind, finely grated	1/4 teaspoon dried oregano
				
1 clove garlic, finely chopped and 1 clove garlic, crushed	1/2 bay leaf	1/4 teaspoon crushed black pepper	1/4 cup Greek-style plain yoghurt	2 slices pita bread

Method

- Place the cubed lamb into a small bowl.
- Add the olive oil, lemon juice and lemon rind, oregano, chopped garlic, bay leaf and black pepper.
- Toss to coat lamb. Place aside for 10 minutes.
- Place the yoghurt and crushed garlic into a bowl, mix together well.
- Drain the lamb and pat dry.
- Thread onto four skewers and cook under the grill for 5 minutes.
- Turn and cook for a further 3 minutes.
- Place the souvlaki into the pita bread and serve with the garlic yoghurt.



Evaluating

- 1 Evaluate the Greek souvlaki using the criteria for success from the brief.
- 2 Critically evaluate and analyse your own level of skill when producing the Greek souvlaki.

- 3 Analyse the sensory properties of your final product. In your analysis, consider appearance, aroma, taste/ flavour and texture.
- 4 Research other green foods that traditionally would be served with Souvlaki.

CREATE A SOLUTION

Develop a grilled souvlaki that you could serve to a person who is a vegetarian.

Religion and personal beliefs

Religion and food are often closely related. Individuals and religious communities have sets of beliefs or opinions with regard to food and food consumption. It is these personal beliefs or values by which a person lives that can influence their food choices.

religion A strongly held set of beliefs, values or attitudes by which someone lives.

Each religion has evolved with a set of rituals or customs that are important to the members of that religion and often includes food customs.

Food plays a number of different roles in religion. For some people, food is considered a way by which the individual can communicate with their god. Food is also a way to demonstrate faith through acceptance of requirements concerning the consumption of certain foods. It could also be a way of developing discipline or faith through fasting.



Figure 11.10 The food you eat may depend on your religion – for example, Hare Krishna devotees practise vegetarianism.

We all have our own personal beliefs about food, which for some are influenced by religion. Sometimes food is just about fun and enjoyment – many people get pleasure out of the experiences that they have when eating a particular food. At other times, the foods that are eaten are significantly influenced by religious or cultural beliefs. For example, all people belonging to the Hare Krishna movement eat a vegetarian diet.

11.12 LET'S COLLABORATE

Name an occasion when your family comes together to eat. Explain the significance of this special occasion for your family. Discuss any other influences related to this occasion.

For some religions, dietary restrictions can influence food choice, preparation and consumption. Dietary restrictions associated with religion can include: foods that can and cannot be eaten; foods that can be eaten at certain times of the year or day; how food should be prepared; and when and how long to fast.

Aboriginal and Torres Strait Islander peoples

Aboriginal and Torres Strait Islander peoples' traditional beliefs and cultural practices vary according to their region, although all groups do share in a common worldview that the land and other natural phenomena possess living souls. The collection of stories of these powerful beings and the knowledge represented in these stories shape Aboriginal and Torres Strait Islander peoples' culture and influence food choices.

The Dreaming is the English name given to the beliefs of Aboriginal and Torres Strait Islander peoples.



Figure 11.11 A totem, such as the emu shown in this dot painting, should not be eaten.

totem A totemic being represents the original form of an animal, plant or other object (totem), as it was in the Creation period.

Their **totem** has an influence over their food choices. Some groups prohibit an individual from eating their own totem and others need permission to catch another person's totem on their

land – for example, a man whose totem is a waterfowl would not eat that bird.

11.13 INVESTIGATE IT

Research the traditional foods of Aboriginal and Torres Strait Islander peoples, particularly foods used for celebrations. Prepare one of these foods in your Home Economics class.

Christianity

Christianity is the predominant religion in Australia. Strict Roman Catholics follow the dietary practice of not eating any meat on Friday. This practice is also followed on Good Friday, during Lent and before communion.

The Orthodox religion has strict fasting days every Wednesday and Friday, and during Advent and Lent. 'Fasting' for this religion means avoiding certain foods, but not all foods. All animal products and fish are avoided on fast days. There are also a number of specific feast days when particular foods are consumed.

The Protestant faith has considerable diversity with little emphasis on fasting or holy days except for Christmas and Easter.



Figure 11.12 This mackerel and orange salad is a good food choice for Christians who avoid eating meat on Fridays.



Figure 11.13 For many Christians, Christmas is a time for family, friends and neighbours to get together and celebrate the birth of Christ.

Tasty Trivia

Seventh-Day Adventists are **lacto-ovo vegetarians**; they avoid tea, coffee

and alcohol, as well as tobacco products; and they also practise moderation.

Seventh-Day Adventists A Christian denomination distinguished by its observance of Saturday as the Sabbath.

lacto-ovo vegetarian A type of vegetarian who eats dairy and egg products but no meat.

11.14 INVESTIGATE IT

The Methodists, Jehovah's Witnesses, Baptists and Mormons belong to Christian denominations. Use the internet to investigate their food practices and beliefs. Prepare a multimedia visual display to present to the class that summarises your findings.

Judaism

Kashrut is the body of Jewish law dealing with what foods are permitted and how these foods should be prepared and eaten. ‘Kashrut’ comes from Hebrew meaning ‘fit’, ‘proper’ or ‘correct’. The more commonly known word, **kosher**, describes food that meets these standards. Kosher can also be used to describe ritual objects that are

kosher Food that has been prepared so that it is fit to eat under the food requirements of the Jewish religion.

made in accordance with Jewish law and are fit for ritual use.

Kosher foods are the permitted foods, and these foods must have been prepared according to the kosher rules.

A number of holy days and festivals are celebrated by the Jewish faith. These include:

- **Sabbath (Shabbat).** Begins at sundown on Friday and ends at sundown on Saturday. It is a day of rest and spiritual enrichment, and food must not be prepared on the Sabbath.
- **New Year.** Ten solemn, holy days, from Rosh Hashanah (Day of Judgement) to Yom Kippur (Day of Atonement – a day of fasting). This occurs in September or October.
- **Festival of Pesach (Passover).** This lasts for eight days, during which time no leavened bread or flour is allowed.
- **Sukkot (Tabernacles).** This is a nine-day festival. During the first eight days, meals are eaten in outdoor huts with covers made of palm branches called ‘Sukkahs’.
- **Chanukah.** This is an eight-day festival. It is customary to eat oily foods such as doughnuts and latkes (potato pancakes).



Figure 11.15 This label indicates to Jewish people that the food has been prepared according to kosher rules.

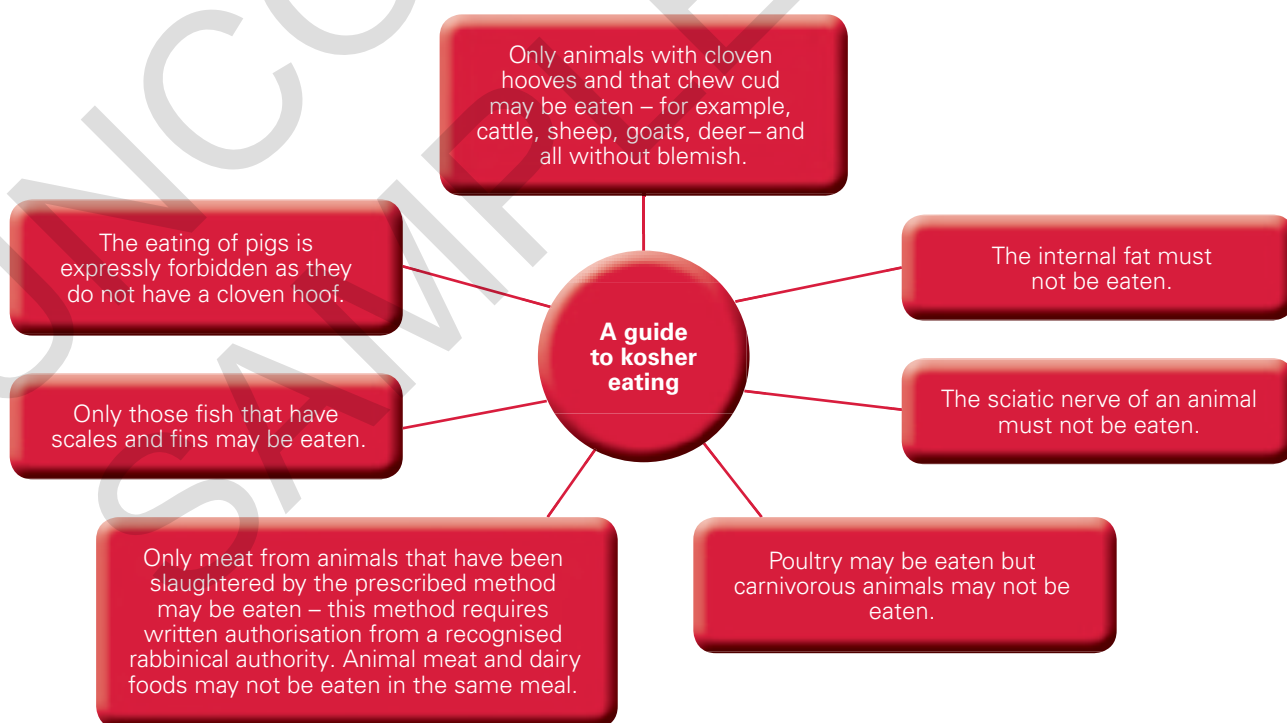


Figure 11.14 A guide to kosher eating.



Figure 11.16 Every Friday at sunset, Jewish families around the world start their observance of the Sabbath (Shabbat). A part of the ritual is the breaking of a special bread, called Challah.

DESIGN THINKING

Food plays an important role in the Jewish religion. There are many traditional food products that are consumed during special religious observances. Research and produce a traditional Jewish meal.

Islam

Islam contains a range of different food customs, which depend very much on local cultures. In Islam, eating is considered a matter of worship. An individual is to eat for survival and good health – self-indulgence is not permitted. Food is to be shared and is not to be thrown away or wasted. Dietary restrictions are very similar to Jewish law with the **prohibition** of pork, carnivorous animals and blood. **Halal** animals such as cattle, goats and so on must be slaughtered according to Islamic rites.

prohibition The act or process of not permitting the consumption of a food, often due to personally held beliefs.

halal An Arabic word meaning 'lawful' or 'permitted'.

revelation A way of showing what is believed to be the truth.

Ramadan, which occurs in the ninth lunar month of each year, is the holiest month in the Islamic calendar. Fasting is prescribed in this month. It is a month in which the holy Qur'an was **revealed**. It requires complete abstinence from food and water from sunrise to sunset for one month.



Figure 11.17 This label indicates to Muslim people that the food has been prepared according to the Halal rules.



Figure 11.18 During Ramadan, Muslims break the daily fast by eating date palms.

11.15 LET'S COLLABORATE

There are a number of holy days and festivals celebrated by the Islamic faith, such as:

- Eid al-Fitr Ramadan, the month of fasting, which ends with the festival of Eid al-Fitr. This literally means the 'Festival of Breaking the Fast'. A sense of generosity and gratitude colours these festivities. As the month draws to a close, Muslims are obligated to share their blessings by feeding the poor and making contributions to mosques.
- Mawlid al-Nabi, a holiday that celebrates the birthday of Muhammad, the founder of Islam.

Research another festival on the internet and write a short report on it.

Hinduism

The Hindu **caste system** determines the social structure within the Hindu faith, including foods to be eaten.

caste system A way of dividing Hindu society into different classes.

ghee Butter that has had the impurities removed or been clarified.

Most deeply religious Hindus are vegetarian; this is due to the fact that they believe in non-violence against all life forms. Some Hindus do not eat eggs, and most Hindus will not consume beef as the cow is considered sacred and is deeply respected.

Some people, especially those of the lower castes, will eat pork and chicken. Milk and **ghee** are sacred because they are products of the sacred cow.

Coconut, which is used as an offering at temples, is also sacred, as the three 'eyes' of the coconut represent the three eyes of Shiva. Other forbidden foods include the domestic fowl, salted pork, onions, garlic, turnips and mushrooms. Some Hindus also avoid red foods such as tomatoes and red capsicum because of their association with blood.



Figure 11.19 As many people in India belong to the Hindu faith, cows freely roam city streets.

Buddhism

Buddhists vow to abstain from killing or otherwise injuring living creatures; however, some Buddhists do eat meat and many eat fish.

Buddhist monks may fast twice a month, on a new moon and full moon, and most monks do not eat after noon.



11.16 INVESTIGATE IT

Did you know that the orange robes worn by Buddhist monks are dyed using the spice saffron? Find out more about Buddhists from the About Buddhism website.



Figure 11.20 Offering food is one of the oldest rituals of Buddhism. In countries like Thailand, monks still rely on receiving food from believers.

DESIGN BRIEF: BUDDHIST CUISINE

You have been asked to prepare a meal for a group of Buddhist monks who are visiting your school. Work in teams to plan for a two-course meal and an Aussie 'treat' that they can take home. Generate a list of foods eaten by Buddhist monks and then decide as a team which ones are suitable for the school visit. Prepare the meal and ask your fellow class members to critically evaluate it.

REFLECT ON LEARNING

- 1 Develop a list of social factors that can influence a person's food choices.
- 2 Explain how a young person's peers can influence their food choices.
- 3 Supermarkets are getting bigger and bigger. Discuss the impact culture has played in supermarket growth.
- 4 Outline the role of religion in food choice and family meal patterns.
- 5 List four religious observances that have special foods as part of their celebrations.

11.4 Ethical influences: Vegetarianism

Another set of eating patterns based on strongly held beliefs is vegetarianism. It is thought that Christian groups led the initial vegetarian movement in Western culture. Members believed that Christ's teachings of mercy should be extended to animals as well as to people. They also believed that a vegetarian diet was healthier than one based on meat and that Christians had a duty to maintain good health in order to do God's work.

Tasty Trivia

The Greek mathematician Pythagoras was a vegetarian – in fact, vegetarians

were called Pythagoreans up until the 1800s.



Today, vegetarians hold many varied ethical and personal beliefs. Individuals become vegetarians for many different reasons, such as an awareness of the importance of diet in maintaining health, an interest in Eastern philosophy and religion, and a concern about killing or mistreating animals or the **degradation** of the environment.

degradation

Deterioration or a decline in the quality of life.

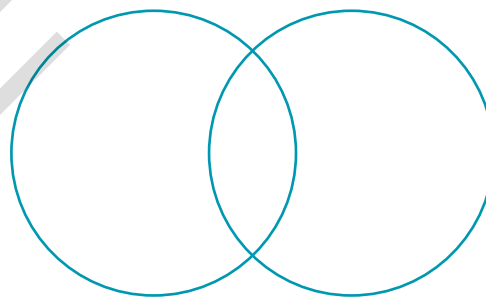
Some people who call themselves vegetarians are actually semi-vegetarians. They may have eliminated red meat because they dislike the taste or for health reasons, but they may still choose to eat fish and/or poultry.

Not all vegetarian diets are alike. Figure 11.21 on p.304 shows the differences in what some major vegetarian categories include.

11.17 ACTIVITY

Comparisons = similarities + differences

Complete a Venn diagram to compare two different categories of vegetarianism. Use this diagram to show the similarities and differences in what the two types of vegetarians do and do not eat.



DESIGN BRIEF: VEGETARIAN HOT POT

Prepare a vegetable recipe for a non-vegetarian that is interesting, looks good, tastes good and that your peers would want to eat. This no-meat meal will also be economical. Most importantly, as there is no meat, the dish still needs to contain some protein. The protein needs to be provided through a combination of cereal foods, legumes and vegetables. Alter the vegetarian hot pot recipe in order to satisfy the requirements of the brief.

Vegetarian hot pot

Main tools and equipment

Knife, measuring spoons, measuring jug, saucepan

Production skills

Peeling, chopping, dicing

Cooking processes

Saut eing, boiling, simmering

Ingredients

 1 tablespoons olive oil	 1 clove garlic, crushed	 � onion, peeled and chopped	 � teaspoon cumin	 � teaspoon coriander	 � teaspoon ginger
 � teaspoon turmeric	 2 vegetable stock cubes, crumbled	 1 cup water, boiled	 150 g pumpkin, peeled and diced	 150 g peeled and diced potato	
 50 g green beans, washed	 220 g canned tomatoes	 75 g red lentils			

Method

- 1 Saut  oil, garlic and onion for 2 minutes in a large saucepan.
- 2 Add cumin, coriander, ginger and turmeric to the saucepan. Cook until fragrant.
- 3 Dissolve the stock cube in the water and pour into the saucepan.
- 4 Add all the other ingredients and bring to the boil.
- 5 Cover and simmer slowly for 15 minutes until vegetables are soft.
- 6 Serve.

SERVES 2



Preparation time: 25 minutes



Cooking time: 17 minutes



Serving and presentation time: 5 minutes



Total time: 47 minutes



Vegetarian hot pot – continued

Evaluating

- 1 Develop three criteria for success from the brief.
- 2 Use these criteria to critically evaluate the vegetarian dish that you have prepared. In your evaluation, be sure to consider sensory properties.
- 3 Develop a list of five other cereal, vegetable or legume options that can be used in this recipe.
- 4 Suggest an ingredient list for a lacto vegetarian.





	Eggs	Dairy	Meat	Plant sources
				
Ovo vegetarian	✓	x	x	✓
Lacto vegetarian	x	✓	x	✓
Lacto-ovo vegetarian	✓	✓	x	✓
Vegan	x	x	x	✓

Figure 11.21 Different categories of vegetarian diet

11.18 ACTIVITY

How healthy is a vegetarian diet?

Refer back to Chapter 4, which looks at nutrients, and develop a list of nutrients that might be missing from the diet as a result of a person becoming:

- 1 an ovo vegetarian
- 2 a lacto-ovo vegetarian
- 3 a lacto vegetarian
- 4 a vegan.

Make appropriate suggestions of foods to include in their everyday food consumption to ensure nutritional balance.

11.5 Sustainable influences

Farmers face almost impossible expectations from consumers – they have to produce more food and do so faster while simultaneously reducing the size of their environmental footprint!

Access to foods

Food access can affect your food choices in a number of ways, and availability can differ for many people. Availability of food may be due to what is in season; the takeaway food shops where you live; your nearest supermarket and other food services such as baker or butcher; and your ability to access these food resources because of transport. Many people have difficulty accessing food supplies, as they may have a disability, they may lack transport or do not have access to public transport, or their location may cause a problem.

rural Describes an area determined by a population size of 25 000–99 000 people (large rural) or 10 000–24 000 people (small rural).

remote Describes an area determined by a population size of fewer than 5000 people.

People who live in **rural** or **remote** areas may have great access to the fresh foods that are produced in their area, but may not have access to other fresh foods as it can be difficult and costly to deliver these food products to food stores. In some cases, nutritious foods may not be available to purchase. Think about what you can buy from a service station. Often, the foods available are energy-dense products and, as these are easy to access, these types of products may be what is purchased.

11.19 LET'S COLLABORATE

Think about your access to food products. Suggest the different groups that may experience difficulties with food security and access to food in Australia. Outline why. Suggest possible solutions to improve access to food.



Seasonal foods

There are a number of food items that are **seasonal**. These include fruits, vegetables and some meats like lamb and veal. Understanding when certain foods are in season

seasonal Describes a type of food that is at its best or in abundance at a certain time of the year, determined by the weather.

can assist in meal planning and also help to keep food costs down. Foods that are out of season always cost a lot more.

Why do you think this might be the case? Season also impacts food choice, as there are times of the year when you may not be able to consume your favourite fruit and will need to find an alternative product.

Globalisation and effective transportation have reduced the influence of season on products available in the supermarket. You can purchase most foods all year round, thanks to their importation and transportation from wherever they are in season. Transporting food around the world does have an impact on our environment, however, particularly the amounts of carbon pollution created through transport by air.

globalisation The connectedness of the world.

food miles The distance food products travel from where they are produced to where they are purchased and consumed.

The distance that food travels from where it is produced to where it is purchased is known as **food miles**. Foods that are out of season and available to consumers may have travelled great distances to be available. However, in other circumstances, some foods can only be grown in another location and must be transported for production and purchase; thus importing this product might be best for the environment.

11.20 LET'S COLLABORATE

Not every food item is grown in Australia. Can you think of any foods that are grown overseas and for which we really do not have the best growing conditions? Look at the images below to provide a start.





11.21 ACTIVITY

What's in season?

- 1 Find 10 different food items that are available for each season: summer, autumn, winter and spring. You must include a variety of products, not all from the same food group. You could use the following websites to help you:
 - Market Fresh
 - Meat and Livestock Australia
 - Sydney Fish Market.
- 2 Produce a poster, podcast or Comic Life that illustrates each of the seasons and include information on what is fresh and available at that time of year.
- 3 Design a meal that promotes one of your seasonal ingredients as the hero.



Figure 11.22 A collection of summer fruits – grapes, watermelon, kiwifruit, pear, oranges, lemon, bananas



Figure 11.23 A collection of winter fruits – oranges, tangerines, cumquat, lemons

CREATE A SOLUTION

Using food in season

You are off to a friend's house for dinner and need to bring dessert. Your friend loves fruit so you were thinking maybe a cherry pie or crumble, but when you get to the supermarket you realise that they are too expensive and you can't afford to buy the amount you need with the money you have. Realising that your budget is limited, reflect on the current season and design a fruit pie or crumble dish that can be made cheaply with ingredients grown in Australia – even locally, if possible – to use in your dessert.



11.22 ACTIVITY

Product availability

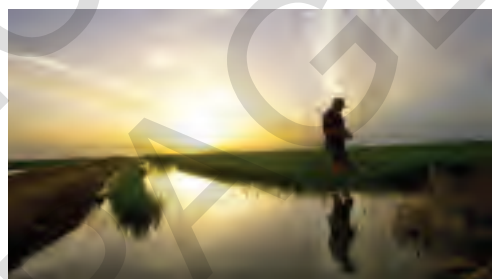
- 1 Identify your favourite seasonal product.
- 2 Explain why lamb is a seasonal food product.
- 3 Do some research online and define the term 'food miles'.
- 4 When you visit the supermarket, you often see fruits like cherries available out of season. Explain why it is possible to purchase some foods when they are not being harvested in Australia.
- 5 Explain the impacts on either the product or the consumer of buying products out of season.
- 6 Describe the impacts on the environment of buying products out of season.
- 7 Suggest why supermarkets sell out-of-season produce.



11.23 INVESTIGATE IT

There has been much discussion about the growing of rice in Australia.

- 1 Research rice-production farming practices.
- 2 Identify where in Australia rice is grown.
- 3 Identify where in the world rice is grown.
- 4 Discuss the reasons why you believe there has been environmental concern related to the farming of rice in Australia.
- 5 Should we grow locally or import? Justify your opinion.



In wealthier countries, cost is the second most important influence on personal food choice. (Sensory is first.)

In less well-off countries, cost is the most important factor.



11.24 ACTIVITY

Interview

Conduct an interview with an adult who is aged 60 or older. Ask them the following questions:

- 1 Name your favourite foods when you were an adolescent.
- 2 Explain what foods were a special treat and why this was so.
- 3 Were most of the foods you consumed homemade?
- 4 How often did you eat takeaway foods and what were they?
- 5 Explain how food availability affected what you were eating.
- 6 Could you purchase food items such as cherries or lamb out of season? Explain why.
- 7 Can you remember any new and exciting foods that became available when you were a teenager? What were they?
- 8 Now write down your responses to these questions.
- 9 Write a concluding paragraph that summarises the information you have learnt and that compares food consumption then with food consumption now.

Farmers' markets

Farmers' markets have become very popular in Australia. They are held in both city and country locations. A farmers' market is usually held outdoors and is a place where farmers sell their fresh produce directly to the public, rather than through shops or supermarkets. The market operates regularly in the community and offers consumers fresh produce 'picked yesterday, sold today'. Prices are often cheaper because the farmer is selling directly to the public.



Figure 11.24 Many customers like to meet the people who produced their food.

11.25 INVESTIGATE IT

To find your local farmers' market, check out the Australian Farmers' Market Association website and respond to the following questions:

- 1 When is the next market being held?
- 2 Where is it located?
- 3 Have you ever been? If not, check it out.

11.26 ACTIVITY

What's the cost?

Visit your local supermarket and answer the following questions. (Alternatively, you could go 'virtual' shopping at the Coles Online website.)

- 1 Identify how much it costs to buy a kilo of fresh green beans.
- 2 Identify how much it costs to buy a tin of green beans. Record the weight of the tinned beans.
- 3 Identify how much it costs to buy a packet of frozen beans. Record the weight of the frozen beans.
- 4 Comparing the price with quantity, identify which product is the best value for money.
- 5 Choose a barbecue chicken. Find out what size the chicken is and how much it costs to purchase.
- 6 Now find an uncooked chicken of the same size in the meat section of the supermarket. Record how much this chicken costs.
- 7 Name which chicken is the best value for money.
- 8 Investigate how much it costs for a litre of plain milk.
- 9 Investigate how much it costs for a litre of skim milk.
- 10 Investigate how much it costs for a litre of milk with added nutrients.
- 11 Investigate how much it costs for a litre of flavoured milk.
- 12 Determine which milk is most expensive. Explain why you think this is the case.
- 13 Determine which milk is the cheapest to purchase. Explain why you think this is the case.
- 14 Write a summary on what you have discovered from your visit to the supermarket. As you write this summary, reflect on why it is more economical to purchase fresh foods and prepare them from scratch than it is to purchase pre-prepared convenience foods.

Organic farming

Organic farming involves the growing, production and processing of foods without the use of chemicals (fertilisers, pesticides, herbicides or antibiotics). It is

Organic farming
Farming practices that produce foods without the use of chemicals.

also about the humane treatment of animals. Organic farming methods are concerned with lessening the impact of farming on the environment. Many organic farmers use traditional

farming methods such as crop rotation, which helps to prevent the depletion of nutrients in the soil.



Figure 11.25 When farmers do not use harmful chemicals on their crops, they have to think of alternative ways to control pests. Why do you think geese are patrolling this vineyard in the Limestone Coast region of South Australia?

11.27 LET'S COLLABORATE

Organic farming is concerned with protecting the environment. Discuss the ways by which this approach to food production is protecting and preserving our ecosystems.

11.28 ACTIVITY

Taste the difference

Compare the difference between an organic and non-organic food product such as a banana or chocolate.

Copy and complete the table comparing the two products, then answer the questions that follow.

Product	Appearance	Aroma	Taste	Mouthfeel	Cost per 100g
Organic					
Non-organic					

- 1 State which product had the best overall taste.
- 2 State which product had the best appearance.
- 3 Discuss which product was the most expensive and why.
- 4 List the benefits of organic farming for producers.
- 5 List the benefits of organic farming for consumers.
- 6 List two disadvantages of organic farming for producers.
- 7 List two disadvantages of organic farming for consumers.
- 8 Outline which product you preferred overall. Justify your response.

Moroccan lamb sausage rolls



Main tools and equipment

Bowl, oven tray, wooden spoon, measuring cup, measuring spoons, pastry brush

Production skills

Dicing, chopping, folding

Cooking processes

Baking





Ingredients

					
2 sheets frozen puff pastry	250 g organic lamb mince	2 organic lamb sausages, meat squeezed out into a bowl	2 cloves garlic, minced	1/2 onion, diced	1/4 cup parsley, finely chopped
					
2 tablespoons coriander	1/2 teaspoon ground ginger	1/2 teaspoon ground cumin	1/2 teaspoon sea salt	Pinch ground black pepper	
					
1/2 tablespoon olive oil	1 egg, beaten for brushing + 1 egg for meat mixture	Sesame seeds	Tomato sauce or Thai sweet chilli sauce (to serve)		

Method

- 1 Thaw the puff pastry and set the oven to 175°C.
- 2 Line a baking tray with greased paper.
- 3 In a large bowl, mix together the ground lamb and meat from the sausages.
- 4 Add the garlic, onion, parsley and coriander to the meat and mix well.
- 5 Add the ginger, cumin, and salt and pepper. Mix again.

SERVES 2

-  Preparation time: 20 minutes
-  Cooking time: 20 minutes
-  Serving and presentation time: 5 minutes
-  Total time: 45 minutes



- 6** Add the mixture to a blender or food processor and add the olive oil and egg. Blend until the mixture becomes relatively smooth.
- 7** Meanwhile, cut the pastry into rectangles and brush one edge with beaten egg.
- 8** Put some sausage mixture into the middle of the pastry.
- 9** Fold the pastry over and seal it carefully. Lift the whole thing up and turn it over so that the sealed edge is underneath.
- 10** Cut off the ends of the sausage roll to ensure that it is neat and that meat isn't falling out. Repeat the process.
- 11** Brush the tops of the sausage rolls with beaten egg and then sprinkle on sesame seeds.
- 12** Place the rolls on the lined baking tray and bake for 20–25 minutes or until golden brown.
- 13** Serve with tomato sauce or Thai sweet chilli sauce.

Evaluating

Think about the sensory properties of food of your Moroccan Lamb Sausage Rolls. Complete a strengths, weaknesses, opportunities and threats (SWOT) analysis

of this recipe. Be sure to think about the taste, texture, appearance, aroma and sound of the ingredient before cooking, and the food product once it has been cooked.

Strengths	Weaknesses
Opportunities	Threats

Animal welfare

The treatment of animals in farming and food production is an ethical food issue. You learnt about pork production in Chapter 7 and about egg production and the treatment of hens in Chapter 8. Yet there are many other animal welfare considerations, such as the use of growth hormones, steroids and the ways in which animals are kept, such as the use of feed lots.



11.29 LET'S COLLABORATE

Do you ever consider where your food comes from? Should you?

11.30 INVESTIGATE IT

- 1** Research an animal welfare issue.
- 2** Explain why this is an ethical issue.
- 3** Discuss the reasons for this farming practice.
- 4** Discuss the reasons why the farming practice should change.
- 5** Describe the impact of this issue on food production.
- 6** Present your findings to your class.

Food waste

Food waste is costing Australians billions of dollars – we waste more than \$5.2 billion worth of food each year. That's around \$620 for each Australian household.

About 60 per cent of Australia's waste goes straight

into **landfill**, which is having a direct impact on our environment. The greenhouse gas methane is produced when food decomposes. This gas has significantly more impact on the environment than carbon.

landfill A tip or rubbish dump where waste is sent.



Figure 11.26 Carrots dumped on a farm in Tasmania

11.31 LET'S COLLABORATE

It isn't just food waste that is contributing to landfill and impacting our environment. List other food-related waste items.

11.32 ACTIVITY

How can I help to reduce food waste?

There are many ways in which consumers can reduce food and food product waste.

- 1 Outline the reasons why it is important to reduce waste for our environment.
- 2 List the different strategies consumers can use to reduce their waste.
- 3 Using Comic Life or another interactive web tool, design an information sheet showing the different waste-reduction strategies.

DESIGN THINKING

A sandwich like the Bánh mì on p.313 is a great way to use up any leftover food and reduce waste. Design a recipe that you can use to finish up the leftover ingredients in the fridge rather than throw them out. You will need to consider what the main part of your food product is, such as the bread in the sandwich, and then provide a list of suggested ingredients that could be incorporated or adapted into the recipe. Think about asking the person who cooks at home if they have a 'go to' food item that uses up any leftover foods from the fridge.

Bánh mì



Main tools and equipment

Vegetable peeler, frying pan, measuring spoons

Production skills

Chopping, marinating

Cooking methods

Frying





Ingredients

					
1/3 Lebanese cucumber	1/2 carrot	2 teaspoons sesame oil	1 tablespoon soy sauce	1 clove garlic, finely chopped	1 tablespoon sweet chilli sauce
					
1 chicken breast, cut into strips	2 teaspoons vegetable oil	2 baguettes or long rolls	1 tablespoon mayonnaise	2 Cos lettuce leaves	Handful of coriander sprigs

Method

- 1 Use a vegetable peeler to peel the cucumber and carrot into long strips.
- 2 Combine sesame oil, soy sauce, garlic and sweet chilli sauce. Coat the chicken in the sauces and leave to marinate for 10–15 minutes.
- 3 Heat oil in frying pan, drain the chicken and cook.
- 4 Split the baguettes and spread with mayonnaise. Fill with lettuce, chicken, carrot, cucumber and coriander.
- 5 Serve.

SERVES 2

-  Preparation time: 20 minutes
-  Cooking time: 5–10 minutes
-  Serving and presentation time: 5 minutes
-  Total time: 30–35 minutes



REFLECT ON LEARNING

- 1 Define the term 'ethics'.
- 2 Describe how where you live affects what you eat.
- 3 Identify what types of foods are seasonal.
- 4 List the different categories of vegetarians and describe the foods that they consume.
- 5 What is a farmers' market? Identify whether you have one in your local area.



LOOKING BACK

- 1 There are a number of factors that influence a person's food choices. These include social, cultural and ethical influences.
- 2 There are a variety of different religions and beliefs that influence food choice. Each has its own food requirements and celebrations that incorporate food.
- 3 More and more consumers are demanding ethical and sustainable food choices.
- 4 Environmental food issues include food waste, farming practices including organic farming and food miles.
- 5 Ethical food issues include the humane treatment of animals.

TEST YOUR KNOWLEDGE

Multiple choice

- 1 A group of students visit the school canteen. Is it likely that:
 - a they will all choose the same or similar foods to eat
 - b they will all choose something different
 - c they will all choose something based on their religious or cultural beliefs
 - d they will all choose not to eat that day.
- 2 Organic farming is described as:
 - a farming practices that produce foods with the use of chemicals
 - b farming practices that produce foods with the use of environmental intervention
 - c farming practices that produce foods without the use of chemicals
 - d farming practices that produce food in a way consumers like.

True/false

- 1 All foods are available year round.
- 2 There are a number of different categories of vegetarianism. One of these is octogenarian.
- 3 There is no problem with throwing leftover food straight into the rubbish bin.

Short answer

- 1 List the reasons for the increasing number of farmers' markets across Australia.
- 2 Suggest reasons why people are purchasing their food from these farmers' markets.
- 3 Outline the reasons why people are choosing not to consume meat products.
- 4 Explain the impact of food miles on the environment. Suggest why we have foods that travel long distances.
- 5 Briefly discuss all the factors affecting food choices.

Extended response

Class debate: working in teams, with one side at the affirmative and the other as the negative, debate any of the following statements:

- Fresh is best.
- Everyone should only eat a vegetarian diet.
- At the end of the day, I am responsible for what I eat.
- We should not import foods that are out of season.

You will need to research your topic and provide examples to support your point of view. Present your arguments to the rest of the class and vote on who has presented the best argument.