# Practical Activity One

## Food and Faith

In this task, you will

* Select a religion to research.
* Work with a partner and prepare a dish from your chosen religion.
* You must only make a small sample of this dish.
* You must prepare the dish within one hour and submit your food order by the date specified by your teacher.

### Step 1

**Find** a recipe from the religion you researched in your written activity.

Some helpful websites that include various recipes from different faiths are provided below.

<https://www.sbs.com.au/food/subject/religion>

### <https://culturalinfusion.org.au/wp-content/uploads/2017/12/Recipes-for-Harmony-27.02.15-PDF-Final.pdf>

### Step 2

**Print** a copy of your recipe or **photocopy** your recipe from a book.

**Seek** approval from your teacher to make this recipe in class.

**Highlight** any terms you do not understand in pink. **Define** these terms.

**Estimate** and **calculate** your recipe's total preparation and cooking time. This ensures you have enough time to make your dish in class.

**Make** any additional notes on the recipe that will help you when you are making your dish.

**Step 3**

**List** the ingredients and quantities you require in the recipe template on the following page.

**Complete** the recipe template.

**Step 4**

**Submit** a copy of your recipe and food order to your teacher.

**Step 5**

**Make** your dish in class.

**Step 6**

**Photograph** your dish and create a brainstorming diagram indicating how your dish reflects the climate, weather, geography, history and religion of the country you studied.

### Recipe Template

|  |  |
| --- | --- |
| **Student Name:** |  |
| **Recipe Name:** |  |
| **Source/ Weblink:** |  |
| **Serves:** |  | (order enough for two serves) |
| **Preparation Time:** |  |
| **Cooking Time:** |  |
| **Specialised Equipment:** |  |
| **Ingredients:** (include the quantities required for one or two serves only) |
|  |  |
| **Method:** |
|  |
| **Process/ Term and Definition:** |
|  |
| **Principles of safe and hygienic food handling practices:** |
|  |

# Practical Activity Two

## Fish Tacos Recipe

This week you will be making the recipe at this link:

<https://www.taste.com.au/recipes/fish-tacos-recipe-two/2r0v4qs7>

In small groups, you are required to select one of the ingredients in the meal.

Use the packaging of the food item and the internet to complete the table below:

|  |  |
| --- | --- |
| Food Item: |  |
| Where did this food originate from? |  |
| Brainstorm the type of activities that were involved in each stage of the food system below.Who might have been involved in each stage? How might the food have changed in each stage? |
| **Stages in the Food System** | **What happens to this food?** |
| Primary Production |  |
| Processing and Packaging |  |
| Distribution and Access |  |
| Media and Marketing |  |
| Consumption |  |
| Waste Management |  |