

## Unit 1.1.2

### Development of Food Systems, Food Cultures and Cuisine

#### Key Knowledge and Key Skills

##### Key Knowledge 1.1.2

The historical development of food systems, food cultures and distinctive cuisines, with a focus on one selected region other than Australia.

##### Key Skills 1.1.1

Explain factors that have influenced the emergence of distinctive food cultures and cuisines throughout the world.

##### Key Skills 1.1.2

Research and analyse the development of food production and food customs in one selected region other than Australia, and critique the use of ingredients from this region.

**VCE Food Studies Study Design p. 14 and 15, Extracts from the VCE Food Studies Study Design (2023-2027) reproduced by permission; © VCAA. VCE is a registered trademark of the VCAA. The VCAA does not endorse or make any warranties regarding this study resource. Current VCE Study Designs and related content can be accessed directly at [www.vcaa.vic.edu.au](http://www.vcaa.vic.edu.au). Readers are also advised to check for updates and amendments to VCE Study Designs on the VCAA website and via the VCAA Bulletin and the VCAA Notices to Schools.**

## Key Terms and Definitions

**Colonisation** occurs when one country acquires full or partial control over another country.

**Consumption** refers to the act of eating food.

**Cuisine** can be defined as a style or method of cooking (e.g. stir-frying) that reflects particular ingredients from a region.

**Culture** is the set of objects, beliefs, and behaviours valued and shared by groups of people.

**Distribution** involves the transportation, storage, and sales of food. A **food commodity** is an agricultural product or processed item that can be bought, sold, and distributed for human consumption.

**Food consumption** refers to the food consumed by a person.

**Food culture** can be described as the attitudes, beliefs, practices, and traditions that are part of the production, processing, distribution, and consumption of food by a specific group of people.

**Food preservation** includes a range of practices applied to food to prevent the growth of microorganisms that can spoil food. The purpose of food preservation is to extend the shelf life of food.

A **food system** is a term used to describe the activities that food goes through from its place of origin until it is an edible food product.

**Primary production** refers to growing and harvesting crops and raising animals. It occurs when raw materials are converted into food commodities.

**Processing** is often referred to as secondary processing. This involves changing the state of foods produced during primary production into other products.

**Waste management** involves reducing the amount of wastage produced during production, processing, distribution, and consumption.

## Food Systems

A food system describes a process where food undergoes primary production, processing and packaging, distribution, marketing, consumption and even waste disposal. The common term used to describe a food system is 'farm to fork' or 'paddock to plate.' In the early days of hunting and gathering, food systems were very basic but they have gradually become more complex. We have moved on from the hunting and gathering, early farming and industrialised food systems to today's modern food system, where a more sustainable approach seems to be evolving.

## Food Cultures

Food culture can be described as the attitudes, beliefs, practices, and traditions that are part of the production, processing, distribution, and consumption of food by a specific group of people.

While food is essential for nutrition, it is also used to develop connections with people. Food can have a special meaning for some people or remind them of a loved one. Food links us with our cultural heritage; it is central to cultures worldwide. We often become more accepting, knowledgeable, and understanding of other food cultures when we use their ingredients, cooking methods, and preparation techniques in our cooking.

## Distinctive Cuisine

Different regions and countries often have a distinctive cuisine. Cuisine describes the types of foods used in a dish or series of dishes and how the food is prepared. People's culture has a significant impact on the kind of cuisine they eat.

This is evident in China, where the concept of Yin Yang is practised. Yin Yang embodies harmony and being at peace with one another. Living in peace was vital in ancient China when people lived close to each other. This balance of harmony is reflected in their food cuisine, where salty, sour, sweet, and bitter ingredients are combined in dishes to produce a well-balanced flavour. The ornate presentation of their dishes also contributes to their food culture; they believe their dishes should be nutritious, appealing, balanced, and colourful. Chinese people often use the colour red, even in their cuisine, as it symbolises happiness, joy, and luck.

## Cuisines of the Different Regions

Most of world's countries are found on the five continents: Africa, Asia, Europe, the America's, and Oceania. The cuisine in these five continents is distinctly different due to the factors that influence food systems in these areas.

### Africa

Africa is a large continent that contains many different countries. The ingredients used in one African country can be quite different from those used in another country. Regardless of this, bread, stews, and porridges are often typical foods in each African country.

Here are some examples of these staple foods:



Yellow dry crushed couscous is a traditional food in Africa.



Freshly baked Algerian bread khufaf on the left and kisra on the right.



Injera is an Ethiopian and Eritrean flatbread made from the grain teff.

## The Americas

Cuisine in the Americas differs significantly from one region to the next due to its diverse climate, geography, and the ethnic origins of people who have inhabited the areas over time. Americans tend to describe their cuisine as being from the Midwest, North, South, and West.

**Watch** this video about southern food traditions and slave history in South America:

<https://www.youtube.com/watch?v=AchlG09pq4U>

**Watch** this video about foods and cooking methods used in ancient Mexico: [https://youtu.be/o\\_NRMYO1Ak](https://youtu.be/o_NRMYO1Ak)

## Asia

Asia is divided into Central Asia, East Asia (China and Japan), North Asia, South Asia, South East Asia, and West Asia. Rice and noodles are the base of many dishes in Asia and are often prepared with a range of ingredients and flavourings, for example, as an accompaniment to curry. Satay, dumplings, and rolled food (such as rice paper rolls and spring rolls) are other common Asian foods.

Here are some examples of these staple foods:



*Chuchpara, a kind of dumpling, is popular in the Central Asian Kyrgyz cuisine.*



*Japanese soba noodles are eaten hot or cold. There are many variations of soba noodles in the different regions of Japan.*



*Many different Asian foods are made from soybean. They include edamame (immature soybeans), soy sauce, tofu, and miso.*

## Europe

It is challenging to describe European cuisine. Although many countries in Europe are close in proximity; their geography, religion, and weather vary. This results in cooking being different in each region.

Here are some examples of the diverse European foods:



*Stuffed snails with sliced baguette.*



*\*Haggis, a savoury pudding with sheep heart, liver and lungs, onion, suet, spices, salt, and stock cooked in a sheep's stomach.*



*\*\*Fermented hákarl shark. The shark's carcass is buried under gravel and stones for a few months, then uncovered and dried.*

\* Source: Tess Watson, CC BY 2.0 <<https://creativecommons.org/licenses/by/2.0/>>, via Wikimedia Commons

\*\* Source: Austin Matherne from Minneapolis, United States, CC BY 2.0 <<https://creativecommons.org/licenses/by/2.0/>>, via Wikimedia Commons

## Oceania

Oceanian cuisine includes food from Australia, New Zealand, Papua New Guinea, and other small islands such as Vanuatu, Tonga, Samoa, and Fiji. Oceanic cuisine consists of a large amount of seafood due to the proximity of this region to the ocean, hence the name Oceania. Climate and geography have impacted the distinct cuisines of people in this region for thousands of years. However, the cuisine has also been influenced by the people who settled and migrated to these areas more recently.

**Watch** this video to find out more about Papua New Guinea's food system: [https://youtu.be/rVmu2s\\_xSrQ](https://youtu.be/rVmu2s_xSrQ)

# Written Activity One

## Travel Brochure

In this task, you will research a country from one of the continents listed below.

You will **create** a brochure for people thinking of visiting this country.

### Step 1

- As a class, **decide** which continent you will focus on for this task.
- Select** one of the countries listed from your chosen continent.

**Speak** with your teacher if the country you want to research is not listed.

Africa	Asia	Europe	The Americas	Oceania
<input type="checkbox"/> Egypt	<input type="checkbox"/> Afghanistan	<input type="checkbox"/> Croatia	<input type="checkbox"/> Canada	<input type="checkbox"/> Fiji
<input type="checkbox"/> Ethiopia	<input type="checkbox"/> Cambodia	<input type="checkbox"/> France	<input type="checkbox"/> Chile	<input type="checkbox"/> Papua New Guinea
<input type="checkbox"/> Kenya	<input type="checkbox"/> China	<input type="checkbox"/> Germany	<input type="checkbox"/> Columbia	<input type="checkbox"/> Samoa
<input type="checkbox"/> Madagascar	<input type="checkbox"/> India	<input type="checkbox"/> Greece	<input type="checkbox"/> Brazil	<input type="checkbox"/> New Zealand
<input type="checkbox"/> Mauritius	<input type="checkbox"/> Indonesia	<input type="checkbox"/> Italy	<input type="checkbox"/> Jamacia	<input type="checkbox"/> Vanuatu
<input type="checkbox"/> Morocco	<input type="checkbox"/> Israel	<input type="checkbox"/> Serbia	<input type="checkbox"/> Honduras	<input type="checkbox"/> Solomon Islands
<input type="checkbox"/> South Africa	<input type="checkbox"/> Turkey	<input type="checkbox"/> Slovenia	<input type="checkbox"/> Mexico	
<input type="checkbox"/> South Sudan	<input type="checkbox"/> Vietnam	<input type="checkbox"/> Sweden	<input type="checkbox"/> Peru	

### Step 2

**Create** a PowerPoint presentation of your chosen region's food system and distinctive cuisine.

**Include** the following information in your presentation.

- A map of the world that identifies where the country is located.
- Provide details about the type of food, food preparation, and cooking methods used by people in this region.
- A discussion about how two or more of the following factors impact the food system in this region:
  - Economic;
  - Geographical features and locations;
  - Climate and weather;
  - Historical events such as colonisation, wars, and exploration;
  - Social factors such as culture, social status and hierarchy, and religion; and/or
  - Technology.

### Step 3

**Present** your information in a PowerPoint presentation.

**Provide** a face-to-face or digital presentation of your research.

**Watch** this video to learn how to use Microsoft PowerPoint to create a digital presentation.

<https://www.youtube.com/watch?v=D8JV3w4TOVw&t=4s>

## Written Activity Two

### What the World Eats

#### Step 1

In this task, you will **divide** into small groups and **select** one of the families in the images on the website below.

<https://www.theguardian.com/lifeandstyle/gallery/2013/may/06/hungry-planet-what-world-eats>

#### Step 2

**Study** the food that each family ate over one week.

**Conduct** a positive, minus and interesting analysis of their food consumption.

Positive	Minus	Interesting

#### Step 4

In around 100-150 words, explain why you think the family eats this food (refer to the factors that influence the emergence of different food systems in your response).

#### Step 3

The links below provide information about the cuisine of a range of countries.

**Find** information about the country you selected in the links provided.

<http://www.foodbycountry.com/>

<https://www.internationalcuisine.com/journey-by-country/>

**Step 4**

Read the information about the country you selected and make notes below about the food system in this country.

Stages in the Food System	Notes
Primary Production	
Processing and Packaging	
Distribution and Access	
Media and Marketing	
Consumption	
Waste Management	

**Step 5**

Share your findings with your class.

# Practical Activity

## Practical: Distinctive Cuisine

In this task, you will

- Work with a partner and prepare a meal from the country you researched in your written activity.
- The meal you make must represent the distinctive cuisine of this country.
- The meal must only serve two people.
- 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 country you researched in your written activity.

Some helpful websites that include various recipes from all over the world are provided below.

<https://www.bbcgoodfood.com/recipes/category/all-cuisines>

<https://www.taste.com.au/fresh/galleries/24-mind-blowing-recipes-around-world/0RCVYotn?page=11>

<https://myfoodbook.com.au/collections/dinners-from-around-the-world>

<https://www.jamieoliver.com/recipes/category/world/>

### 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**

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

## Practical Activity Two

### Practical Activity: Let's Roll

In this practical activity, you will make a recipe typical of Asian cuisine – Vietnamese rice paper rolls. This is a popular Vietnamese food that can be made using a range of fillings.

#### Part A: Let's get cooking!

You will need to work in a group of four.

Each person in your group is to make one of the versions of rice paper rolls listed using one of the protein types listed.

After making the rice paper rolls, you will need to share each variety so that each person has one of each type.

Design your own Vietnamese Rice Paper Rolls	
<b>Preparation Time:</b> 40 minutes	<b>Cooking Method:</b> Boiling and frying
<b>Cooking Time:</b> 20 minutes	<b>Makes:</b> 4
<b>Select one protein ingredient per group member:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 small chicken breast</li> <li><input type="checkbox"/> 100 grams firm tofu</li> <li><input type="checkbox"/> 100 grams beef fillet</li> <li><input type="checkbox"/> 4 large prawns</li> <li><input checked="" type="checkbox"/> 1 tablespoon vegetable oil</li> </ul>	<b>Select all the filling ingredients per student:</b> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> 40 grams bean vermicelli cellophane noodles</li> <li><input checked="" type="checkbox"/> <math>\frac{1}{4}</math> red capsicum</li> <li><input checked="" type="checkbox"/> <math>\frac{1}{4}</math> carrot</li> <li><input checked="" type="checkbox"/> <math>\frac{1}{4}</math> Lebanese cucumber</li> <li><input checked="" type="checkbox"/> 4 sprigs coriander or mint leaves</li> <li><input checked="" type="checkbox"/> 1 tablespoon sweet chilli sauce</li> <li><input checked="" type="checkbox"/> 4 x 22cm rice paper rounds</li> </ul>
<b>To prepare the ingredients:</b> <ol style="list-style-type: none"> <li>1. <b>Wash</b> the vegetables and herbs.</li> <li>2. <b>Deseed</b> the cucumber and <b>peel</b> the carrot.</li> <li>3. <b>Slice</b> the capsicum, carrot, and cucumber into long thin strips that are approximately the same length; this is called a 'julienne' cut.</li> <li>4. <b>Remove</b> the leaves of the herbs and <b>chop</b>.</li> <li>5. <b>Place</b> the noodles in a saucepan and <b>pour</b> boiling water over them. Do not heat them on the stove! <b>Cover</b> the noodles with the saucepan lid and <b>soak</b> the noodles until they are soft and then <b>drain</b> them.</li> </ol>	
<b>To cook the protein:</b> <ol style="list-style-type: none"> <li>1. <b>Heat</b> the oil in a frying pan over medium heat.</li> <li>2. <b>Fry</b> protein source on one side until brown and then turn over and cook until it is cooked. The beef can be cooked to your liking; however, the remaining protein sources must be thoroughly cooked.</li> <li>3. <b>Remove</b> from the heat.</li> <li>4. <b>Slice</b> the protein into the same long thin strips as the vegetables.</li> </ol>	

**To assemble:**

1. **Fill** a kettle with water and boil. **Pour** hot water into a shallow dish; a round cake tin is perfect!
2. **Soak** one rice-paper sheet in warm water for 10 seconds.
3. **Place** on a slightly damp tea-towel.
4. **Place** some carrots, cucumber and capsicum strips, noodles, herbs, protein and sweet chilli sauce down the centre of each round.
5. **Fold** in sides and roll to encase the filling.
6. **Repeat** with the remaining 3 rice paper rolls.

**Select all the hoisin sauce ingredients per group:**

<input checked="" type="checkbox"/> 1 to 2 tablespoons dark brown sugar	<input checked="" type="checkbox"/> 2 teaspoons rice wine vinegar
<input checked="" type="checkbox"/> 1 tablespoon water	<input checked="" type="checkbox"/> 2 fresh prunes
<input checked="" type="checkbox"/> 1½ tablespoons black bean sauce	<input checked="" type="checkbox"/> ¼ teaspoon sesame oil
<input checked="" type="checkbox"/> 1 tablespoon soy sauce	<input checked="" type="checkbox"/> ¼ teaspoon Chinese five spice powder

**To make the dipping sauce:**

1. **Combine** all the ingredients in a blender and **puree** until smooth. **Serve** with rice paper rolls.

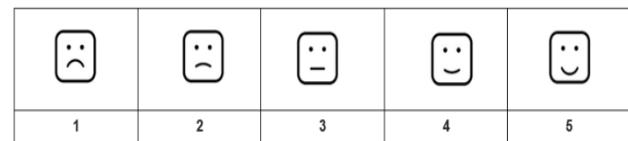
## Practical Record: Let's Roll

### Time to Taste

1. **Share** the rice paper rolls so that each person has one variety of protein.

2. **Use** this hedonic rating scale below to give each of the rice paper rolls a score out of five for taste.

3. **Give** each version a ranking using the hedonic scale and provide a reason for your ranking. Refer to the sensory properties in your explanation.



Protein Variety	Hedonic Rating	Reason for your ranking (justification)
Chicken		
Beef		
Tofu		
Prawn		

4. **State** what you did to ensure that you followed each of the safety food practices listed for each step listed.

Step in the recipe	Personal Hygiene	Safe food handling practices	Safe use of equipment	Organisation in the kitchen
Preparing the ingredients for the rice paper rolls				
Cooking the protein				

<b>Assembling the rice paper rolls</b>				
--	--	--	--	--

5. **Write** a paragraph explaining what you have learned about cuisine from different countries because of this practical activity.

**Extension Activity: Recipe modification**

1. **Select** two different countries.
2. **Design** a new version of rice paper roll using the ingredients and cooking methods that people from your chosen country typically use.

**List** the two cuisines and the names of your two recipe designs in the box below:

Cuisine	Name of the new version of rice paper roll	Ingredients used	Cooking Method Used

3. **Give** reasons why your new version of rice paper rolls is typical of the country you chose.

<b>Reason One</b>
<b>Reason Two</b>

## Summary Activity

Answer the questions below.

<b>What is the main idea about this key knowledge and key skills?</b>	
Write two or three sentences in your own words.	
<b>Define the term 'cuisine.'</b>	
<b>Select one cuisine from another country and note HOW the following factors have contributed to the development of this cuisine.</b>	
<b>Climate</b>	
<b>Weather</b>	
<b>Geography</b>	
<b>Religion</b>	
<b>Identify a typical savoury or sweet recipe served at celebrations or religious events in this cuisine.</b>	
<b>Describe the ingredients and cooking methods used in the recipe/dish you identified.</b>	

## Exam Preparation

### Multiple-Choice Questions (5 marks)

Choose the response that is correct or that **best answers** the question.

1. Which of the following is an inadequate example of what the term cuisine means?
  - a. A style of cooking.
  - b. Cooking methods.
  - c. Food consumed by a particular group of people.
  - d. Dishes from various countries around the world.
2. Typical food from Africa consists of:
  - a. Satay and Dumplings.
  - b. Fermented Shark.
  - c. Snails and Baguettes.
  - d. Stew and Porridge.
3. Which of the following was a significant factor that influenced the development of food in Southern America?
  - a. Income.
  - b. Slavery.
  - c. War.
  - d. Ancient explorers.
4. The cuisine in a range of countries in Europe can differ significantly due to differences in the following factors:
  - a. Geography.
  - b. Culture.
  - c. Religion
  - d. All of the above.
5. Haggis is a savoury pudding made from a sheep's heart, liver, and lungs, onion, suet, spices, salt, and stock. It is cooked in a sheep's stomach. Which continent does this dish originate from?
  - a. Europe.
  - b. Asia.
  - c. Scotland.
  - d. Oceania.

**Short Answer Questions (15 marks)**

Select a country from around the world.

--

**Question 1 (6 marks)**

a. Identify two crops or animals that are grown in your chosen country. (2 marks)

Crop or Animal One	Crop or Animal One

b. Explain why these crops or animals are grown in your chosen country. (4 marks)

Crop or Animal One	Crop or Animal One

**Question 2 (6 marks)**

a. Discuss how one of the factors below impacts the food choice from your chosen country.

- Religion
- History
- Geography

--

**Question 3 (3 marks)**

List one ingredient, cooking method, and recipe typical of cuisine in this country.

Ingredients	Cooking Methods	Recipes

## Exam Preparation

### Multiple-Choice Questions (5 marks)

Choose the response that is correct or that **best answers** the question.

1. Which of the following is an inadequate example of what the term cuisine means?
  - a. A style of cooking.
  - b. [Cooking methods.](#)
  - c. Food consumed by a particular group of people.
  - d. Dishes from various countries around the world.
2. Typical food from Africa consists of:
  - a. Satay and Dumplings.
  - b. Fermented Shark.
  - c. Snails and Baguettes.
  - d. [Stew and Porridge.](#)
3. Which of the following was a significant factor that influenced the development of food in Southern America?
  - a. Income.
  - b. [Slavery.](#)
  - c. War.
  - d. Ancient explorers.
4. The cuisine in a range of countries in Europe can differ significantly due to differences in the following factors:
  - a. Geography.
  - b. Culture.
  - c. Religion
  - d. [All of the above.](#)
5. Haggis is a savoury pudding made from a sheep's heart, liver, and lungs, onion, suet, spices, salt, and stock. It is cooked in a sheep's stomach. Which continent does this dish originate from?
  - a. [Europe.](#)
  - b. Asia.
  - c. Scotland.
  - d. Oceania.

**Short Answer Questions (15 marks)**

Select a country from around the world.

China

**Question 1 (6 marks)**

a. Identify two crops or animals that are grown in your chosen country. (2 marks)

Crop or Animal One	Crop or Animal One
Rice 1 x 1 mark	Bok Choy 1 x 1 mark

b. Explain why these crops or animals are grown in your chosen country. (4 marks)

Crop or Animal One	Crop or Animal One
Rice is grown in China because it needs a lot of water and warm weather. There is a lot of rain in the south of China, where significant rainfall occurs. 1 x 2 marks	Leafy greens like bok choy grow well in the temperate climate of China. They grow quickly and require harvesting within a short period of time. This enables more plants to be planted. 1 x 2 marks

**Question 2 (6 marks)**

a. Discuss how one of the factors below impacts the food choice from your chosen country.

- Religion
- History
- Geography

The Chinese Communist Party is officially atheist, which means they do not believe in God. Buddhism is a popular religion in China. Buddhists mainly eat vegetarian foods because one of the teachings in this religion prohibits taking the life of any person or animal. However, some other Buddhists do eat meat as long as the animals weren't explicitly slaughtered for them. Buddha's delight is a vegetarian dish well-known in Chinese and Buddhist cuisine served on Lunar New Year. It is eaten by Buddhist monks and is a stir-fried dish of mixed vegetables and tofu coated in a savory sauce. 3 x 2 marks

**Question 3 (3 marks)**

List one ingredient, cooking method, and recipe typical of cuisine in this country.

Ingredients	Cooking Methods	Recipes
Chinese Cabbage	stir-frying	<i>Peking Duck</i>
Bok Choy	deep-frying	<i>Sweet and Sour Chicken</i>
Cucumbers	shallow-frying	<i>Lionhead meatball soup</i>
White Radish	boiling	
Chinese Eggplant	steaming	
Soybean Sprouts	roasting	
Peanuts		
Soy sauce		
Tofu		
Noodles and Rice		

## Starter Activity

Match the cuisine to the country it represents.



England

Hamburger



Austria

Goulash



Ireland

Schnitzel



Hungary

Roast Beef & Yorkshire Puddings



United  
States of  
America

Irish Stew