

## Unit 1.2.4

### Patterns of Migration

#### Key Knowledge and Key Skills

##### Key Knowledge 1.2.4

Patterns of migration to Australia and the influence of immigrants on Australian food tastes and consumption.

##### Key Skills 1.2.3

Describe historical patterns of Australian immigration and analyse effects on the nation's food tastes and behaviours.

##### Key Skills 1.2.4

Describe a cuisine brought by migrants to Australia and through practical activities demonstrate, observe and draw conclusions about the influence of the selected cuisine in Australia.

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## Key Knowledge and Key Skills

An **immigrant** is a person who leaves one country and arrives in a new country to live there permanently.

A **migrant** is a person who moves from one place to another, especially in order to find work or better living conditions.

A **refugee** is a person who is forced to leave their country, often without their possessions, due to war, famine, natural disasters, or persecution by their government, making it impossible for them to continue living there.

# The Influence of Immigrants on Food Tastes and Consumption

## Australia's First European Immigrants

Indigenous Australians were the original inhabitants of the Australian continent.

Although the First Fleet were the first immigrants, they were not the first Europeans to arrive in Australia. Willem Janszoon, a Dutch explorer, was the first documented European to land in Australia in 1606. Other Dutchmen, Dirk Hartog in 1616 and Abel Tasman, who visited twice, once in 1642 and again in 1644, also landed in Australia. The Dutch named the west coast of Australia 'New Holland.' In 1699, an English pirate, William Dampier, landed on the west coast of Australia. At this time, the British were showing considerable interest in New Holland. Various other European explorers continued to venture to Australia. Captain James Cook and his crew first landed on the east coast of Australia in 1770. He named this coast New South Wales. He returned to London, expressing his desire and interest in colonising Botany Bay, now Sydney.

Convicts, free settlers, and militia of the First Fleet left Portsmouth in England on 13 May 1787. They arrived in Sydney Harbour more than 8 months later, on 26 January 1788. Most of the 1480 people of the First Fleet were from England, Ireland, Scotland, and Wales. A small number were African, American, and French convicts. Over the coming years, Australia formed a collection of small British colonies.

From 1815, the government of the colony of New South Wales paid the fares of any free settler from Great Britain. These migrants were needed to establish businesses and farms in the area and support the growing population. Women were also encouraged to immigrate to the colony, as there were more males than women at the time.

Convicts and free settlers who came to Australia found that working and living conditions were excellent compared to Great Britain. Many who worked hard became financially successful and encouraged their relatives to join them in Australia. Between 1815 and 1840, nearly 60,000 people immigrated to Australia.

**Watch** this video to learn more about how convicts helped settle Australia: <https://youtu.be/lv0xCilluD4>

## The Discovery of Gold and Chinese Immigration

Gold was discovered in Bathurst, New South Wales, on 12 February 1851. A short time later, it was also found in what would become Victoria. These events led to the beginning of the Australian Gold Rush, which had a massive impact on immigration in Australia.

Thousands of people from all over the world began migrating to Australia to search for gold. While many of these immigrants were British, a significant number were Chinese. About 50,000 Chinese arrived between 1851 and 1856. Some Chinese migrated to Australia to trade and sell goods, while others were miners. They would arrive by ship in Melbourne and then make their way to the goldfields. They sought refuge in the Chinese businesses in Chinatown in Melbourne. The Chinese were particularly successful at mining for gold because they worked for long hours in organised teams of 30–100 men. Other miners were envious of their mining ability and resentful when they found gold. They began to see the Chinese as rivals and a threat to a 'White Australia.'

In 1855, the Victoria Parliament introduced the *Chinese Restriction Act*. As part of this Act, the Chinese were required to pay £10 when they arrived by ship in Melbourne, and they faced limitations on how much they could carry with them. This did limit the number of Chinese arriving in Victoria, many of whom decided to enter via other colonies.

By 1888, 70% of the population had been born in Australia, and patriotic feelings were high. Resentment towards the Chinese was growing, particularly in Victoria, where many Chinese resided. Riots occurred in the goldfields to drive the Chinese away. Some Chinese travelled elsewhere at the end of the gold rush, while others moved to the cities. In order to gain employment and earn a wage, the Chinese labourers accepted lower pay rates, and those in business offered goods and services at lower rates. This caused unrest, as many Australians believed that the Chinese business practices were immoral and unfair to other Australians who were also trying to earn an income.

**Watch** one of these videos about the Chinese influence on the goldfields: <https://youtu.be/iU9iV56F86s> and <https://youtu.be/WXiJpJpJduo>.

Many believe that Chinese workers first arrived in Australia during the gold rush. However, some had already come from southern China to work as indentured rural labourers or cooks on outback stations and country pubs.

About 18 Chinese immigrants arrived in Australia before 1848. Mak Sai Ying is the earliest known Chinese immigrant who arrived in Sydney in 1818. He purchased land in Parramatta and went on to have children that became cabinet makers and undertakers. The number of Chinese immigrating to Australia increased when convict transportation to New South Wales stopped in 1840. By the 1850s, many Chinese immigrants worked as cooks, gardeners, miners, rural labourers, and shepherds. The Chinese population ballooned to around 31,000 with the discovery of gold.

The Chinese influence on Australian cuisine and food habits began when the gold rush commenced. Many Chinese gold diggers set up little outlets to serve Cantonese food to other Chinese gold diggers. These shops were called 'cookshops.' The dishes in these cookshops utilised ingredients used in Cantonese cooking – fresh vegetables, fish, poultry, pork, and rice. Eventually, these cookshops started catering to Australian and European gold diggers as well. The Chinese cookshop owners had to modify their recipes to suit Australian and European tastes and cater to those wanting traditional British cuisines, such as roasted meals and puddings.

As time passed, Chinese cookshop owners started to move away from the goldfields and established businesses elsewhere. Chinese food started to include more beef and less pork and fish to cater to Australian tastebuds. Chinese food started to become very popular, and by 1890, a third of the cooks in Australia were Chinese.

Changes to the White Australia policy in the early 1930s meant that Chinese restaurant owners could bring cooks and restaurant workers to Australia as long as their restaurants only made a certain amount of profit, served western food, and had a certain number of white patrons. These policy changes meant more Chinese restaurants appeared in Australia, especially after World War Two. It wasn't long before nearly every suburb and country town had a Chinese restaurant that provided well-priced meals to the public.

Chinese immigration has also impacted how Australians prepare and consume food in their home. Australians regularly use various ingredients, cooking equipment, and methods common to Chinese cuisine – for example, stir-frying in a wok and using chopsticks for eating. Nowadays, many Chinese ingredients are available in supermarkets.

Steamed xiao long bao (soup dumplings) in the bamboo basket.



Chow Mein is made of noodles, vegetables, protein such as chicken, shrimp, beef or pork.



A chūn juǎn is a Chinese spring roll filled with vegetables and/ or meat.



Beef and black bean stir-fry. Black bean sauce is a common Chinese ingredient.



In mainland China, Peking duck is usually served with soft pancakes.



Fried rice first developed during the Sui Dynasty in China.



Lemon chicken is a dish that would have been modified to suit Western tastes.



Sweet and sour pork is a dish popular in westernised Cantonese cuisine.



## The White Australia Policy and British Immigration

On 1 January 1901, the British Parliament passed legislation that resulted in Australia's six colonies becoming one nation and governed as the Commonwealth of Australia. This process was referred to as Federation. One of the reasons why Australia became one nation was because they wanted to control the immigration of people from non-British countries. The best way to do this was for all of Australia's colonies to form one nation and develop a common immigration policy.

At this time, 98% of people in Australia were of British heritage. Many Australians were racist and believed that white people were superior to non-white people, especially morally and intellectually. For this reason, they wanted to remain a country of white people, living by British customs.

As a result, in 1901, the new Federal Parliament passed the *Immigration Restriction Act*, commonly referred to as the White Australia policy. This Act stated that new migrants had to pass a 'dictation test' in a European language. The *Pacific Islander Labourers Act* and the *Post and Telegraph Acts* of 1901 made it unlawful to use imported labour and mandatory to hire white people to perform work. These acts made it virtually impossible for Asians and Pacific Islanders to migrate to Australia.

[Click here to access the 1901 Immigration Restriction Act.](#)

In the 1920s, the Australian Government continued to encourage British migrants to settle in Australia and develop regional areas in Australia. The government paid most of their fares, and some also received assistance establishing farms.

The White Australia policy had the desired impact on the population. By 1947, only 2.7% of the population was born outside Australia, Ireland, or the United Kingdom. The effect was most evident in the Asian population. The Asian population made up 1.25% of the Australian people in 1901, decreased to around 0.21% by the late 1940s.

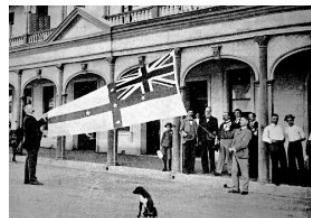
The food consumed in Australia has been heavily influenced by the British. Many people growing up in Australia at this time consumed typically British meals, often referred to as 'Meat and Three Veg.' These meals usually consisted of beef, carrots, peas, potatoes, and pumpkin. Dessert was often a pudding smothered with custard. The Sunday roast was originally a British tradition that brought families together every week after Church.



A north Brisbane polling station on referendum day.



A huge crowd waiting for the results of the 1899 Federation Referendum.



A Man hoisting the Federal flag in Townsville, 1899.



A 1901 stamp featuring the Duke of York opening the first national Parliament in Melbourne.

## Immigration During War Time

During World War Two, the United Kingdom was under heavy attack. It could not send British troops or spare any equipment to protect Australians from potential invasion by the Japanese.

This resulted in Australia allying with the United States of America, who also needed to protect their country, mainly Hawaii, from Japanese invasion. As a result, many thousands of American troops began arriving in Australia. Technically, they were not immigrants; they were only stationed in Australia during the war and were expected to return home eventually.

Life in the Australian cities changed due to the presence of the American war service members. Cafes began selling Coca-Cola and stands selling burgers, coffee, and hotdogs appeared. The Americans presence and willingness to protect Australia meant that some people became less loyal to Great Britain and more devoted to the United States. Many younger Australians developed an interest in American cuisine and popular culture. After the war, many Americans returned to Australia to resume relationships or pursue a better quality of life. By the 1980s, lunches, snacks and drinks consumed by Australians were, more often than not, American in origin.



Australian war brides awaiting transport to America.

**Watch** this video that gives some account of life in Australia for American troops: [https://youtu.be/sm\\_CjWTKvI0](https://youtu.be/sm_CjWTKvI0)

## 'Populate or Perish'

World War Two ended in May 1945. Europe was in chaos at this time – its population, particularly young men, was severely reduced. Entire cities were wiped out due to bombing raids, and a lot of infrastructure, including hospitals, houses, roads, and schools, had been destroyed. Many European countries' economies struggled, and little food or health care was available. The United States was helping Western Europe to recover from the war when the Soviet

Union invaded Eastern Europe. Tensions between the United States and the Soviet Union grew. With the possibility of another war looming, many Europeans were looking for safer places to live.

Australia was also experiencing problems at the war's end; it needed more people to support economic development and, if needed, defend the country. As a result, the Australian Government agreed to a Post-war Immigration Scheme where Europeans could seek refuge in Australia. This scheme was a huge success. Between 1947 and 1953, the Australian Government assisted over 170,000 displaced persons to migrate to Australia.

Around the same time, the Australian Government ran another campaign to recruit immigrants from Great Britain. This campaign was successful; by 1972, more than 1.5 million migrants had come to Australia from the United Kingdom. These migrants were referred to as £10 Poms because they only had to pay £10 for their fare. The Australian Government paid the remaining £110. The average weekly wage was around £4; the discount by the Australian Government made migrating very economical and enticing. The only problem for them would be if they wanted to return to the United Kingdom soon after arriving. The government would only pay their fare home if they stayed for a minimum of 2 years.

The government used the slogan 'Populate or Perish' to help Australians accept the vast number of migrants that would soon arrive. This slogan helped Australians appreciate and understand the need for more migrants in Australia.

**Watch** this video to learn more about the £10 Pom migration scheme: <https://youtu.be/4GhVNPQgfiY>

**Watch** this video about immigration in Australia after World War Two: <https://youtu.be/rgs8zXziRLY>

**Watch** this video advertising Australian immigration to the United Kingdom: [https://youtu.be/Joy29Y6Y\\_IQ](https://youtu.be/Joy29Y6Y_IQ)

## Italian Immigration

Before the Populate or Perish assisted migration program, Italians self-funded their migration to Australia. Often many people from the same town immigrated together to help make assimilation of their new lives easier, and young Italian men often married young Italian women.

Prior to 1948, a third-class fare to Australia could cost the equivalent of a year's wage for an Italian, so it was usually impossible for a whole family to travel to Australia together. Often, the father came without his wife and children, found work, earned and saved money, and sent that money back to Italy for family members' fares. As a result, it could take up to 20 years for the entire family to arrive in Australia.

Many Italians did not meet the criteria of the White Australia policy. This resulted in them only being accepted during the early years after World War Two and if there were not enough white people immigrating. Despite this, in the 1950s, over 170,000 self-funded Italian immigrants arrived in Australia.

In 1951, a new scheme was introduced by the Australian and Italian governments. As part of this scheme, the Australian government paid for fares and accommodation for new immigrants from Italy and non-white European countries. Under this scheme, migrants had to work for several years for the Australian Government. Many were required to work on the Snowy Mountains Hydro-Electric Scheme and others in the engineering, steelworks, or textile factories. Between 1951 and 1968, over 42,000 Italians arrived under this scheme.

It was common for Italian migrants to live in the same areas. Initially, this was mainly in inner-city suburbs. They often participated in the traditional family events they once practiced in Italy. Food was an integral part of many of these events and traditions. Italians found it difficult to source many Italian ingredients, such as olive oil and pasta. Many had to begin making their own produce. Passata and salami-making days were common, as were wine and grappa-making days.

Fortunately, many Italian migrants had experience in agriculture, which meant they could grow their own produce, such as borlotti beans, capsicum, eggplants, and zucchini. Many backyards in Italian homes had fig trees, fici d'India (prickly pears), and sometimes olive trees – all of these were uncommon in Australia at the time.

For the Italian families that lived in the cities rather than regional or rural areas, setting up a family business was one way to be successful. Bars and restaurants that served Italian foods such as espresso coffee and continental cakes became common. Italian bakers, delicatessens, fishmongers, and greengrocers opened up in many suburbs. These Italian businesses sold familiar British food products and some uncommon food products from other parts of Europe.

**Watch** a video about a migrant's experience buying Italian ingredients in Melbourne: <https://youtu.be/vuj8uA59oHc>

**Watch** a video about the beginnings of an Italian restaurant on Lygon Street: <https://youtu.be/6qYCPM3oAZY>

## The Arrival of the Vietnamese

From 1954 to 1975, the communist government of North Vietnam, along with its allies, the Viet Cong, were at war with South Vietnam and its allies, the United States. Eventually, North Vietnam seized control over South Vietnam, and the two regions were formally united in the Socialist Republic of Vietnam.

Thousands of people, particularly from the south, feared persecution from the new government. Many fled from Vietnam to Australia in small, overcrowded, unsafe boats without adequate food, fuel, and water. It was a dangerous trip, and many people died trying to travel to Australia. The first of many boats of people reached Darwin in 1976; these people became commonly referred to as 'boat people.' After 1976, many Vietnamese refugees began arriving by plane. By 1985, 70,000 refugees from Southeast Asia, mainly Vietnam, had settled in Australia. The Australian Government accepted very few refugees initially, but pressure from the United Nations resulted in more Vietnamese refugees being accepted. The arrival and acceptance of Vietnamese refugees meant the end of the White Australia policy.

Many Vietnamese found employment in factories in Footscray, Richmond, and Springvale in Melbourne. Like many other migrants coming to Australia, food was one way the Vietnamese could maintain their links with their culture. The Vietnamese quickly began using their cooking skills to earn an income in Australia. Cooking food for Australians became a way for struggling Vietnamese refugees to make money, with many working from their home kitchens and eventually saving enough money to open their own restaurants. Nowadays, Vietnamese restaurants can be found in many suburbs and regional towns.

**Watch** this video to discover how to eat Pho: [https://youtu.be/xmsXAbe\\_uaA](https://youtu.be/xmsXAbe_uaA)



**Images below:** Banh Mi (Vietnamese baguette), Nuoc Cham (Vietnamese Dipping Sauce), Banh Xeo (Vietnamese Crepes) and Goi Cuon (Rice Paper Rolls)

# Written Activity One

## Celebrity Chef

Australia has plenty of Celebrity Chefs, mainly due to people's interest in cooking show competitions on television. Several of the celebrity chefs on these shows have migrant backgrounds. You no doubt would have heard of at least one of these chefs.

**Select** one of these chefs and conduct research that will enable you to write a report that answers the questions below.

<input type="checkbox"/> Luke Nguyen	<input type="checkbox"/> George Calombaris	<input type="checkbox"/> Poh Ling Yeow
<input type="checkbox"/> Kylie Kwong	<input type="checkbox"/> Adam Liaw	<input type="checkbox"/> Miguel Maestre
<input type="checkbox"/> Aristos Papandroulakis	<input type="checkbox"/> Guy Grossi	<input type="checkbox"/> Adriano Zumbo
<input type="checkbox"/> Kumar Mahadevan	<input type="checkbox"/> Cindy Sargon	<input type="checkbox"/> Iain Hewitson
<input type="checkbox"/> Geoff Jansz	<input type="checkbox"/> Margaret Fulton	<input type="checkbox"/> Marion Grasby

**Answer** the following questions:

1. What is the cultural background of your celebrity chef?

2. How did this chef, or their family, immigrate to Australia?

3. How has the chef's migrant background impacted their cooking?

4. How has the cuisine from the chef's country impacted Australian food tastes and consumption?

## Written Activity Two

### Migrant Memories

In May 2020, a popular cooking show on Melbourne television held a competition where they were given a box with a photograph from their childhood inside. They were then asked to create a dish that reminded them of childhood memories and their loved ones. Some of the contestants recalled the role that food has played in their immigrant experience.

**Read** each of the articles at these links and complete the task below.

[https://www.huffingtonpost.com.au/entry/masterchef-australia\\_ae\\_5ece4528c5b6f183a880baec?ncid=other\\_huffpostre\\_pqylmel2bk8&utm\\_campaign=related\\_articles](https://www.huffingtonpost.com.au/entry/masterchef-australia_ae_5ece4528c5b6f183a880baec?ncid=other_huffpostre_pqylmel2bk8&utm_campaign=related_articles)

[https://www.huffingtonpost.com.au/entry/masterchef-australia-jessliemantara\\_ae\\_5ed4ab68c5b6adee41bc4da7?ncid=other\\_huffpostre\\_pqylmel2bk8&utm\\_campaign=related\\_articles](https://www.huffingtonpost.com.au/entry/masterchef-australia-jessliemantara_ae_5ed4ab68c5b6adee41bc4da7?ncid=other_huffpostre_pqylmel2bk8&utm_campaign=related_articles)

Many of the contestants on this show came from migrant backgrounds.

1. **List** five interesting observations or interesting points from the articles.


2. **Summarise** what you have learned about the impact of migrant cuisine on the foods we consume in Australia and how you feel about this.

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## Written Activity Three

### Immigration Interview

Do you have a migrant background and a particular food you love from your home country?

Do you have a parent or grandparent, friend or neighbour from overseas?

Interview your relative about their reasons for migrating to Australia and the foods they brought.

You might like to record your interview as a PodCast!

1. Where were you born? How long did you live there?

2. When did you arrive in Australia, and how did you get here?

3. Why did you come to Australia?

4. How do you source the ingredients from your original country in Australia?

5. How often do you consume foods traditionally from your original country?

6. What is the cuisine from your original country like? Why did you eat those foods?

7. What is your favourite dish from your original country?

8. What is your least favourite dish from your original country?

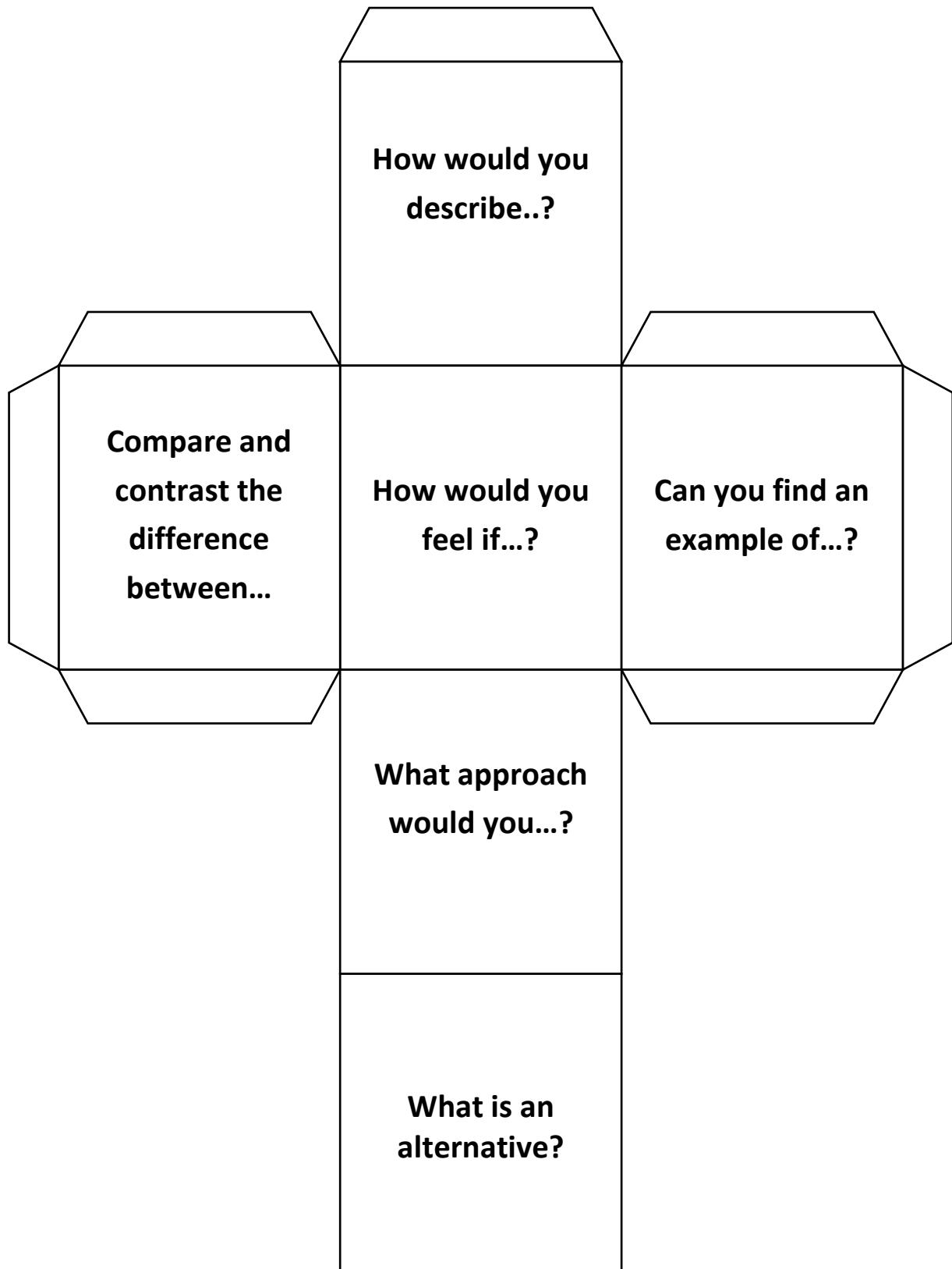
9. What kind of influence do you think the foods from your original country have had on Australian cuisine?

## Written Activity Four

### How Immigrants brought new foods and ingredients to Australia

Read the article at this link: <https://www.abc.net.au/everyday/ingredients-you-couldnt-get-in-australia/11768470>

1. **Cut out** and **assemble** the question dice below.
2. Working in groups of three, roll the dice and create a question about the article using the question stem that you roll.
3. Take turns rolling the die until all students in your group have had a turn.
4. Swap your questions with another group to answer.



# Practical Activity One

## Design your Pho

Phở, pronounced "fuh," is a Vietnamese soup usually made with bone-beef broth, Banh pho noodles, and thinly sliced beef. It is often served with bean sprouts and other fresh herbs on the side. There are many variations of Pho.

Pho bo (beef pho) is usually served with a large bowl of broth and rice noodles and is accompanied by a plate of thinly sliced raw beef and fresh garnishes like basil, cilantro, chillies, radishes, and lime. In order to flavour the broth, several condiments are served with Pho. These include hoisin sauce, soy sauce, fish sauce, Sriracha, and chili paste. The flavour of each bowl of Pho becomes unique once the condiments are added.

There are multiple variations of Pho. The most common variations are pho ga (chicken pho) and pho chay (vegetarian Pho). Not all Vietnamese noodle soup dishes are considered Pho, as they may be made with different flavourings and noodles.

**Source:** <https://spoonuniversity.com/how-to/what-is-pho>

Click on the link below to learn about Australia's overseas-born population by country of birth – top 20.

<https://www.abs.gov.au/statistics/people/population/australias-population-country-birth/latest-release>

**Select** a country from which the Australian population migrated.

Your task is to research the flavours and ingredients representative of this country's cuisine.

### Let's Research

**Research** some ingredients typical of the migrant country you have chosen.

**List** these ingredients in the table below.

<b>Chosen Country:</b>	
<b>Protein Sources</b>	
<b>Vegetables</b>	
<b>Types of noodles, pasta, or rice</b>	
<b>Types of sauces or pastes</b>	
<b>Types of spices and herbs</b> (preferably fresh)	

**Let's Design**

Pho is a popular Vietnamese noodle dish that typically takes hours and hours of simmering. The recipe below is a simplified version of this dish, which means you can make homemade Pho within 30 minutes!

Your task is to modify this recipe to use the ingredients representative of the migrant country you researched.

Record the ingredients and quantities you need under the heading, 'My Pho Recipe Ingredients.'

Basic Pho Recipe Ingredients	My Pho Recipe Ingredients
300 ml stock 2–3 tablespoons flavouring ingredients (garlic & onion) 1 tablespoon sauces (e.g.hoisin, chilli & soy sauce) 80 grams of noodles, pasta, or rice 80 grams of protein 1 cup vegetables 2 to 3 fresh spices or herbs	
<b>Method:</b>	
<ol style="list-style-type: none"> <li>1. <b>Tie</b> your hair back, <b>wash</b> your hands, and <b>put</b> an apron on.</li> <li>2. <b>Prepare (cut)</b> the flavouring ingredients.</li> <li>3. <b>Wash</b> and <b>cut</b> the vegetables.</li> <li>4. <b>Slice</b> the protein source very thinly.</li> <li>5. <b>Place</b> the stock and 125ml water in a medium-sized saucepan with flavouring ingredients and sauces (you might like to set some aside to add with the toppings).</li> <li>6. <b>Boil</b> the stock, then <b>reduce</b> the heat to low.</li> <li>7. <b>Cover</b> and <b>simmer</b> the stock for 10 minutes.</li> <li>8. <b>Place</b> a fine sieve over a bowl. <b>Pour</b> the broth over the sieve. The solids should remain in the sieve. <b>Discard</b> the solids and <b>return</b> the broth to the saucepan.</li> <li>9. <b>Cover</b> and <b>place</b> the saucepan back on the stove. <b>Bring</b> the broth to a boil.</li> <li>10. Meanwhile, <b>prepare</b> the noodles by following the packet instructions.</li> <li>11. <b>Drain</b> the noodles well.</li> <li>12. <b>Place</b> the noodles in soup bowls, then <b>top them</b> with the protein and vegetables.</li> <li>13. <b>Pour</b> the hot soup mixture over the protein and vegetables.</li> <li>14. <b>Cover</b> the bowl with a saucepan lid, so the protein cooks and the vegetables soften.</li> <li>15. <b>Serve</b> garnished with fresh herbs.</li> </ol>	

**Let's Evaluate**

**Identify** what went well in this recipe and what did not go so well.

What went well	What did not go well

## Practical Activity Two

### Design your own Gnocchi

Research some Italian vegetables you could use in the vegetable sauce recipe below.

Make sure you find out how to prepare the vegetables. Try to include one vegetable that you have never tasted before or that you have only tasted a few times.

Vegetable Sauce	
<b>Ingredients:</b>	<b>Method:</b>
1 tablespoon extra-virgin olive oil ¼ onion, finely chopped ¼ celery stalk, finely chopped ½ small carrot, finely chopped ½ cup selected Italian vegetable 1 x 400g can of diced tomatoes 100ml water 1 tablespoon tomato paste 1 stock cube	<ol style="list-style-type: none"> <li>1. <b>Prepare</b> ingredients.</li> <li>2. <b>Prepare</b> your chosen Italian vegetable.</li> <li>3. <b>Heat</b> the olive oil in a saucepan over medium heat.</li> <li>4. <b>Add</b> the finely chopped vegetables and cook gently for 3 to 4 minutes or until softened.</li> <li>5. <b>Stir</b> in the canned tomatoes and water. Add the stock cube and tomato paste.</li> <li>6. <b>Bring</b> to a simmer, then reduce the heat to low and gently <b>simmer</b> for 25 minutes or until the sauce thickens.</li> <li>7. <b>Season</b> with salt and pepper.</li> <li>8. <b>Use</b> as required.</li> </ol>
Gnocchi Recipe	
<b>Ingredients:</b>	<b>Method:</b>
250g fresh ricotta 75 parmesan cheese, grated 35 grams beaten egg Pinch nutmeg 1 cup plain flour Extra plain flour for dusting 10 grams of parmesan cheese, shaved for serving	<ol style="list-style-type: none"> <li>1. <b>Prepare</b> ingredients.</li> <li>2. <b>Combine</b> ricotta, parmesan cheese, egg, nutmeg and ½ cup of flour in a large bowl.</li> <li>3. <b>Season</b> with salt and pepper.</li> <li>4. Using one hand, <b>mix</b> the ingredients to form a ball.</li> <li>5. <b>Add</b> the remaining flour and mix to form a dough.</li> <li>6. <b>Transfer</b> the dough to a floured surface and <b>roll</b> it into four cylinders.</li> <li>7. <b>Cut</b> and <b>roll</b> into 1 cm balls.</li> <li>8. <b>Rub</b> the ball to make a longer shape using the back of a fork or gnocchi board.</li> <li>9. <b>Bring</b> a large pot of water to a boil.</li> <li>10. <b>Add</b> Gnocchi. The Gnocchi is cooked when it rises to the surface; remove with a slotted spoon and drain.</li> <li>11. <b>Serve</b> with vegetable sauce and garnish with basil leaves and parmesan cheese.</li> </ol>

Original Source: from <https://10play.com.au/junior-masterchef-australia/recipes/ricotta-gnocchi-with-eggplant-sauce/r190614vuqepl>

## Summary Activity

Answer the questions below:

**What is the main idea about this key knowledge and key skills?**

Write two or three sentences in your own words.

**Explain how the following immigrants influenced food tastes and consumption in Australia.**

Immigrants	What foods and flavours were introduced at this time?	What are some examples of dishes introduced at this time?
British Immigrants		
Chinese Immigrants		
European Immigrants		
Vietnamese Immigrants		

**Explain why it was necessary for Australia to "populate or perish" and how this was achieved.**

**"Immigration has had a huge impact on the foods consumed in Australia."**

**Write a paragraph that supports this statement.**

# Exam Preparation Answers

## Multiple-Choice Questions (5 marks)

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

### Question 1

The "White Australia" immigration policy aimed to ensure:

- a. Indigenous Australians were able to live as they wished.
- b. As an incentive to immigrate to Australia, immigrants were promised higher wages than Australians received.
- c. Immigrants were primarily from British countries
- d. All of the above

### Question 2

During the years of the "White Australia policy," some workers who were not of British descent were permitted to migrate to Australia because:

- a. They needed to be reunited with their family members.
- b. Workers were required for businesses that were valuable to the Australian economy.
- c. It helped Australians to learn how to speak Asian languages.
- d. Australians no longer wanted to consume British food.

### Question 3

Italian immigrants made their own ingredients because:

- a. Home-made ingredients tasted better than the ones available in supermarkets.
- b. Traditional Italian ingredients were not widely available to purchase.
- c. It was a way to make additional money to send back to Italy to help more families immigrate.
- d. Italian immigrants could not find work when they arrived in Australia, so making ingredients was an excellent way to pass the time.

### Question 4

A well-known Chinese food now commonly consumed in Australia is:

- a. Naan bread
- b. Pho
- c. Rice Paper Rolls
- d. Beef and black bean

### Question 5

Vietnamese food became popular in Australia because in the 1970s:

- a. Vietnamese immigrants prepared food in their homes to earn extra money.
- b. Many Australian citizens visited Vietnam on holiday and wanted to enjoy these foods in Australia.
- c. People preferred Vietnamese food to American food.
- d. There was an extremely high number of Vietnamese people living in Australia.

**Short Answer Questions (15 marks)**

**Question 1 (6 marks)**

Identify and outline the two historical factors that impacted migration in Australia. (6 marks)

Historical Factor One

Historical Factor Two

**Question 2 (4 marks)**

State possible positive or negative impacts of migration on Australian food tastes and consumption. (4 marks)

**Question 3 (5 marks)**

a. Identify one cuisine introduced in Australia by migrants. (1 mark)

b. Describe the ingredients and cooking methods used in this cuisine. (2 marks)

c. Explain why migrants may find it challenging to find ingredients in Australia from their home country. (2 marks)

# Exam Preparation Answers

## Multiple-Choice Questions (5 marks)

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

### Question 1

The "White Australia" immigration policy aimed to ensure:

- a. Indigenous Australians were able to live as they wished.
- b. As an incentive to immigrate to Australia, immigrants were promised higher wages than Australians received.
- c. Immigrants were primarily from British countries
- d. All of the above

The answer is not A. Indigenous Australians were required to assimilate with the white Australian population.

The answer is not B. Immigrants were not paid higher wages; British immigrants only had to pay 10 pounds for their passage.

**The answer is C. This policy stipulated that the majority of immigrants should be of British descent.**

The answer is not D.

### Question 2

During the years of the "White Australia policy," some workers who were not of British descent were permitted to migrate to Australia because:

- a. They needed to be reunited with their family members.
- b. **Workers were required for businesses that were valuable to the Australian economy.**
- c. It helped Australians to learn how to speak Asian languages.
- d. Australians no longer wanted to consume British food.

**The answer is B. The government desperately needed workers in areas like the Snowy Mountains Hydro-Electric scheme; they, therefore, accepted immigrants who were not of British descent.**

### Question 3

Italian immigrants made their own ingredients because:

- a. Home-made ingredients tasted better than the ones available in supermarkets.
- b. **Traditional Italian ingredients were not widely available to purchase.**
- c. It was a way to make additional money to send back to Italy to help more families immigrate.
- d. Italian immigrants could not find work when they arrived in Australia, so making ingredients was an excellent way to pass the time.

The answer is not A. There were no ingredients available for them to purchase in supermarkets.

**The answer is B. Italian ingredients were not readily imported into Australia at that time.**

The answer is not C. There was not a huge market for Italian ingredients; very little money could have been made from this.

The answer is not D. Italian immigrants were permitted to immigrate to Australia as they were needed for work.

**Question 4**

A well-known Chinese food now commonly consumed in Australia is:

- a. Naan bread
- b. Pho
- c. Rice Paper Rolls
- d. Beef and black bean

The answer is not A; Naan bread originated in India.

The answer is not B; pho is a Vietnamese dish.

The answer is not C; rice paper rolls are also Vietnamese.

**The answer is D. Beef and black bean is of Chinese origins. However, it is important to note that Chinese food started to include more beef and less pork and fish to cater to Australian tastebuds.**

**Question 5**

Vietnamese food became popular in Australia because in the 1970s:

- a. Vietnamese immigrants prepared food in their homes to earn extra money.
- b. Many Australian citizens visited Vietnam on holiday and wanted to enjoy these foods in Australia.
- c. People preferred Vietnamese food to American food.
- d. There was an extremely high number of Vietnamese people living in Australia.

**The answer is A. With little money, Vietnamese people initially began preparing food in their homes.**

The answer is not B. Vietnam had been involved in a war and Australian citizens were not visiting there on holiday.

The answer is not C. We do not know if more people enjoyed Vietnamese food than American food at this time.

The answer is not D. The population of Vietnamese immigrating to Australia was increasing, but it was not significantly higher than in any migrant population at that time.

**Short Answer Questions (15 marks)****Question 1 (6 marks)**

Identify and outline the two historical factors that impacted migration in Australia. (6 marks)

**Historical Factor One**

One mark for identifying each historical factor.

Two marks each for outlining the two historical factors that impacted migration in Australia. For full marks, students must have stated where migrants immigrated from.

The Discovery of Gold - Thousands of people worldwide began migrating to Australia to search for gold. This included a lot of British and Chinese people. At the end of the gold rush, some Chinese stayed in Australia.

The White Australia Policy – This policy was introduced to control the immigration of people from non-British countries. Initially, the policy made it unlawful to use imported labour and mandatory to hire white people to perform work.

World War Two – The United Kingdom was under heavy attack and could not send any troops to help protect Australia. The Australian government sought help from the American government. This increased the number of American service members in Australia. Some of these men married and decided to live in Australia. In contrast, others who married Australian women returned to the United States with their new families.

Post-war immigration scheme - Australia was also experiencing problems at the war's end; it needed more people to support economic development and, if needed, defend the country. As a result, the Australian Government agreed to a Post-war Immigration Scheme where Europeans could seek refuge in Australia.

Political Unrest and War in Vietnamese - From 1954 to 1975, the communist government of North Vietnam was at war with South Vietnam. Eventually, North Vietnam seized control over South Vietnam. Thousands of people, particularly from the south, feared persecution from the new government. Many fled from Vietnam to Australia in small, overcrowded, unsafe boats without adequate food, fuel, and water. It was a dangerous trip, and many people died trying to travel to Australia.

**Historical Factor Two****Question 2 (4 marks)**

State possible positive or negative impacts of migration on Australian food tastes and consumption. (4 marks)

The students were required to discuss four positive or negative impacts of migration on food tastes and consumption; they were awarded two points for each response.

Possible positive impacts may have included:

- People living in Australia may have been exposed to more varied food. The more varied someone's diet, the more nutrients they consume.
- People might be willing to try foods from different cultures, which may have helped them build connections with others and appreciate people from different countries.
- People in Australia might now be able to cook a variety of foods from other countries, increasing their knowledge and skill in food preparation.

Possible negative impacts may have included:

- Australians at the time may have rejected other people's food tastes and consumption patterns, which could have led to lower self-esteem and loss of culture.

- We might import specific ingredients from different cultures into Australia, meaning more of our food might come from overseas. This may lead to carbon emissions due to food travelling long distances.

### Question 3 (5 marks)

a. Identify one cuisine introduced in Australia by migrants. (1 mark)

For one mark, the student needed to identify one type of cuisine introduced in Australia by migrants.

Listing a recipe or dish was not accepted as a response. The student must have referred to a cuisine only and therefore needed to understand this definition.

A possible answer may have included:

Chinese, Italian and Vietnamese.

b. Describe the ingredients and cooking methods used in this cuisine. (2 marks)

The student received one mark for listing a range of ingredients and one mark for stating one or more cooking methods.

Chinese – Asian green vegetables, rice, pork, seafood, and chicken were popular ingredients. Steaming and stir-frying are popular cooking methods.

Italian – Olive oil, sardines, pasta, and vegetables like eggplants and tomatoes were popular ingredients. Long cooking methods where food was roasted or stewed were popular. The pasta was boiled.

Vietnamese – Herbs like coriander and mint were popular. Chilli, lettuce, and carrots were also popular. Fish sauce is often used, along with seafood, rice noodles, fresh vegetables, rice, and lime juice. Simple cooking methods like steaming, stir-frying, and poaching are often used.

c. Explain why migrants may find it challenging to find ingredients in Australia from their home country. (2 marks)

For two marks, the student needed to provide one reason migrants may have found it challenging to find ingredients in Australia.

- Australia is a country that is surrounded by water and is far away from other countries. For this reason, getting ingredients from other countries to Australia may not be easy.
- Australia may have a different climate compared to other countries. What grows in one country might not be able to be grown in Australia.
- Australia has strict border security control; some foods might not be able to be introduced into Australia in order to protect our food supply.
- There might not be a big demand for a particular ingredient from another country. Therefore it might be too expensive for food companies to import the ingredient. Particularly if there is a possibility it will not sell.