

Unit 1.2.7

Does Australia have its Own Cuisine?

Key Knowledge and Key Skills

Key Knowledge 1.2.7

Key points of debate on whether Australia has its own distinctive cuisine.

Key Skills 1.2.6

Construct and justify a point of view about the development of a distinctive Australian cuisine.

Key Skills 1.2.7

Participate in and reflect on practical activities to explore the history and culture of food in Australia.

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Terms and Definitions

Cultural norms are the standards, expectations, and rules we live by in our communities.

When something is **distinctive**, it shows particular characteristics unique to a person or place.

Food fusion refers to cooking that involves combining ingredients and cooking methods.

Things that are **iconic** are widely recognised and associated with a particular person, place, or thing.

Does Australia have its own distinctive cuisine?

The Indigenous Australian culture is one of the oldest civilisations in the world. Over many years they developed the knowledge and skills required to thrive on a nutritious diet in Australia and cared for the land better than it will ever be cared for again. When the European settlers arrived in Australia, the Indigenous Australians' traditional ways of life were suddenly disrupted. As the years passed, the consumption of British foods and agricultural practices increased. Eventually, migrants from other countries such as China, Greece, Italy, India, and Vietnam arrived in Australia. People from these countries contributed to the variety of foods available in Australia. Australia has now evolved into a nation of many cultures and traditions. Some say there is really no one distinctive Australian cuisine but a mix of many different cuisines.

So, does Australia have its own cuisine, or is it simply a combination of the cuisines of other countries?

Factors Impacting Australia's Cuisine

Immigration, war, industrialisation, and globalisation have all contributed to Australian cuisine over the years. Other factors such as culture, multiculturalism, cultural norms, climate and geography, and religion have also impacted the type of food consumed in Australia.

Cultural Factors

Cultural factors refer to the behavioural norms, beliefs, faith, and traditions of a particular group. The food that people from different countries prepare and consume often reflects many of their cultural norms, beliefs, and traditions.

Multiculturalism

Australia is a highly multicultural country. It is home to one of the world's oldest Indigenous cultures, as well as people who have migrated here from a diverse range of countries. The diversity of the nationalities in Australia has contributed to a range of cuisines in Australia that use a range of cooking equipment, ingredients, flavours, and techniques.

Chinese Cuisine

Chinese cuisine has become popular in Australia, with many people enjoying these foods regularly.



Steamed pork buns or Char siu bao is a popular dish in Australia. They consist of steamed or baked, fluffy dough containing sweet stewed pork.



Chinese dumplings are a commonly eaten food in Australia. They are often filled with beef, pork, chicken, seafood, or vegetables and served in a broth or fried or steamed on their own.



These waxed meats (preserved in a special way) have been cooked in a Cantonese-style clay pot with rice.

Greek Cuisine

The largest population of Greek people outside of Greece live in Melbourne. For this reason, Greek cuisine has significantly influenced the availability of Greek food in Melbourne.



Moussaka is a delicious traditional Greek meal that many people enjoy. Moussaka is made of a layer of fried potatoes, topped with a layer of fried eggplants, then a layer of spiced ground beef, tomatoes, and bechamel sauce.



Dolmades (Dolmathes) are made from cabbage or grapevine leaves, stuffed with a herby rice mixture, shaped into little rolls, and then gently steamed.



Souvlaki has become a popular take-away food in Australia. It is the Greek version of the Middle Eastern kebab. It consists of grilled pieces of meat cooked on a vertical rotisserie, served on a skewer (gyro), and wrapped in pita bread with tomatoes, onions, and tzatziki sauce.

Italian Cuisine

Italians are the third largest migrant group in Australia. Australia has been heavily influenced by its many Italian immigrants and Australians of Italian descent. Many foods such as artichoke, basil, garlic, and olive oil introduced by the Italians were once considered exotic; now, many Australians regularly use them in their cooking.



Italian immigrants had to buy olive oil from chemists around the 1940s. At that time, Australians only used it for medicinal purposes.



Garlic is a common ingredient used in a lot of Italian cuisines. It started to become a more popular ingredient in Australia around the 1980s.



Pasta and pizza have become very popular in Australia. Pasta, in particular, spaghetti bolognese, is a quick and easy weeknight dinner for Australians, and pizza is an economical fast food.

Indian Cuisine

In the 2021 census, 3.1% of Australia's population declared they were of Indian ancestry, with many being born in India. Many Australians enjoy the intense flavours and spiciness of Indian cuisine. The vast number of Indians living in Australia has meant that food from all regions in India is well-represented in Australia.



Tandoori and butter chicken are popular Indian dishes in Australia. Tandoori chicken is made by roasting chicken marinated in yoghurt and spices—then cooking it in a clay oven.



Samosas are a type of street food from India. The traditional Punjabi samosa consists of a crisp pastry with a spicy potato and peas filling.



Chapati (roti), naan, paratha, and puri are types of Indian bread.

Cultural Norms

Cultural norms are the standards, expectations, and rules we live by in our communities. They are a standard set of behaviours within a group of people that are considered normal. Various cultural norms in Australia impact how, what, when, and where we eat food. These cultural norms make up part of our culture. Over time, Australians have developed a unique set of cultural norms that do not exist in other cultures around the world.

Some iconic cultural norms associated with food that has evolved in Australia include eating meat pies at the football, sausage sizzle fundraisers, serving fairy bread at parties, and relaxing with friends and family around an outdoor barbecue.

Climate and Geographical Factors

Australia is the sixth largest country in the world and the only one to be surrounded by water. As a result of its large size, the climate and geographical features of one part of the country can be quite different from another. Nearly 20% of Australia is desert, resulting in a low average annual rainfall. However, parts of Australia, such as the coastal and tropical areas, have high rainfall. Other geographical features in Australia include coastal islands and mountain ranges, and rainforests. The weather conditions in Australia can vary significantly too. The significant differences in climate, geography, and weather mean that animals and crops farmed in one area of Australia may not necessarily grow in another area. What is in season in one part of Australia is not always in season in another region.

Seafood

Australia is surrounded by sea, and the amount of seafood consumed in Australia is rising. Australians consume a lot of large fish, like sharks and tuna.

Meat and Three Vegetables

The climate and geography of specific areas in Australia influence the type of animals reared on farms. Sheep and cattle are the main grazing herds farmed in Australia because they are suited to grazing in dry inland areas. Dairy herds need to eat lush, green grass to produce milk and are more likely to be grazed in the cooler and wetter regions of the coast of New South Wales, Tasmania, and Victoria.

Australians produce a lot of meat; therefore, they eat a lot of meat. In the past, each Australian ate an average of about 50 kg of beef every year. However, recently they have started eating more chicken, 38 kg per year, compared to 33 kg of beef. Their consumption of lamb has fallen over the years but they still eat three times more than the average person worldwide. This has resulted in Meat and Livestock Australia's marketing campaigns being released on television every summer in Australia since around the mid-1990s. These advertisements have become more culturally sensitive in recent times.

Watch the two most recent advertisements released by Meat and Livestock Australia to promote the consumption of lamb on Australia Day: <https://youtu.be/yGdj1TwBU1w> and <https://youtu.be/aCIMYjqWxwA>

Religion

Many different religions are practiced in Australia. The 2021 census in Australia revealed that, although 1 million fewer people identify as Christian here, it is still Australia's main religion. Other main religions represented in Australia are Islam, Hinduism, and Buddhism. The census revealed that an increasing number of Australians do not follow a religion.

The food practices of people who follow these different religions have impacted the food production and processing methods used in Australia. Some people who follow these religions do not eat meat. Muslims will eat meat; however, they will only eat meat where Allah's name is invoked at the time the animal is killed, and they will only eat halal food. They are not permitted to consume alcohol, blood in a liquid form, meat from an animal that has died of natural causes or as a result of strangling or beating, and pig meat.

Watch this advertisement by Meat and Livestock Australia, which represents a range of cultures that exist in Australia: <https://youtu.be/ZWvKUzyqlDA>

Iconic Australian Foods

Various celebrations and historical events have resulted in various foods being invented in Australia. Many of these foods have now become Australian icons.

ANZAC Biscuits

The term 'ANZAC' is an acronym that describes soldiers who joined to fight World War One as part of the Australian and New Zealand Army Corps. It has long been claimed that Australian women invented the ANZAC biscuit to send to soldiers serving overseas. The biscuits were said to have contained ingredients that would not spoil and therefore travelled well. However, significant evidence now suggests that women did not make the biscuits to send to troops overseas. It is now believed that women made the biscuits to sell at fundraisers and other events to raise money for the war. There is also some talk of the biscuits originally being called 'Red Cross Biscuits' or 'Soldiers Biscuits,' and the name ANZAC biscuits only emerged around the 1920s. Regardless, ANZAC biscuits remind many Australians of loved ones who have fought to protect the Australian population. People see them as a representation of Australia and a time in history when Australians united as one.

[Click this](#) link to access the guidelines the Australian Government set regarding the use of the word ANZAC.

Watch this video to discover just how important the term ANZAC and ANZAC biscuits are to Australians:

<https://youtu.be/oGzV1Fjg5Xg>

Vegemite

Vegemite is a thick spread used to flavour savoury dishes or spread on bread or toast. The spread was invented by a chemist, Cyril Callister, who became a food technologist. The Fred Walker Company employed Callister to make a product similar to British Marmite. Vegemite was initially called 'Pure Vegetable Extract.' A marketing campaign in the early 1920s resulted in a competition where the Australian public was asked to name the new food product. This was when the product was first called Vegemite. In 1925, the Fred Walker Company joined with the American Brand J.L. Kraft & Bros to form the joint venture company Kraft Walker Cheese Co.

Unfortunately, Marmite continued to be a popular brand in Australia. Marketing attempts continued to fail, even after another name change. The company finally began to experience success in sales around 1937 when it promoted another competition that included an array of prizes, including Pontiac cars. Medical professionals also began promoting Vegemite as containing high amounts of Vitamin B. It was also included in the diets of soldiers in World War Two. Eventually, Vegemite gained so much popularity that it needed to be rationed. A series of marketing tactics that involved competitions, catchy tunes, and television advertisements helped further increase the popularity of Vegemite.

In 2012, the Kraft food company changed its name to Mondelez International. Bega Cheese company in Australia bought full ownership of Mondelez International in 2017. Nowadays, over 22 million jars of Vegemite are sold every year.

Watch this video of the Vegemite advertisement that appeared on television in the 1950s:

<https://youtu.be/6nJm6GFqLzY>

Lamingtons

The lamington is a butter cake covered in chocolate and coconut. Some say the cake was made by mistake when a maid accidentally dropped some sponge in melted chocolate; they say she coated the cake with coconut so it could be eaten without making people's fingers sticky. Others say a famous baker invented it. Regardless of their origins, lamingtons are considered an all-time Australian favourite.

Watch this video to find out more about the history of the lamington in Australia: <https://youtu.be/DzwE4L79AQM>

The Sunday Roast

The Sunday roast was a weekly tradition in Britain that Australians have continued as part of their culture. In the past, many Australians would attend Church every Sunday. Women often set a roast to cook just before leaving for Church so they could sit down for lunch as a family when they returned home. While the Sunday roast may be becoming less of a tradition in Australia, for many, Sunday afternoons or nights are still a significant time of the week for families to reconnect after a busy weekend.

Watch this video of an advertisement from the 1990s that highlights the importance of the Sunday roast to many Australian families: https://youtu.be/fH_Ar2h6Q-U

Spaghetti Bolognese

In 2019, 'Italian-Australian spaghetti bolognese' was named the favourite meal for Australians to make at home by the Good Food Guide. Many Australians have grown up with spaghetti bolognese as an easy meal to make during the week. Melbourne-based Italian chef, Piera Pagnoni, says that the Aussie spaghetti bolognese that we have all come to love is very different from the original Italian version.

Pavlova

Anna Pavlova was a famous Russian ballerina. Many countries around the world have invented and named dishes in her honour. She toured both Australia and New Zealand in 1926.

New Zealanders claim that a chef in Wellington was the first to invent the pavlova dessert. A dessert called pavlova was also featured in a New Zealand recipe book in 1927. However, the recipe described a dish with several layers of jelly rather than the meringue dish currently known as pavlova. On her tour in Australia, a chef in Perth also invented the meringue-style dessert and called it pavlova. A similar recipe also appeared in an Australian cookery book in 1926.

Australian and New Zealand historians have since reported that desserts similar to the pavlova were published worldwide before Anna's arrival in Australia and New Zealand. There has been some discussion that the pavlova recipe used by the chef in Perth was printed on the package of a box of cornflour imported from America.

Watch this video about a person's understanding of the origins of the pavlova: https://youtu.be/RV09j_eC93A

What is Distinctive Australian Cuisine?

It is challenging to describe typical Australian cuisine. While Indigenous Australians have used native ingredients in their traditional dishes for more than 40,000 years, very few Australians have had much experience cooking or tasting them. And, with so many other cultures present in Australia, it is impossible to choose just one to represent Australian cuisine. To overcome this problem, many chefs in Australia have begun cooking dishes that combine ingredients and cooking methods from various cuisines and cultures in one recipe. Fusion food is often described as using Indigenous ingredients and cooking methods along with ingredients from other cultures. Many believe fusing Indigenous ingredients with foods from different cultures represented in Australia is perhaps the closest Australia will ever come to having its own distinctive cuisine.

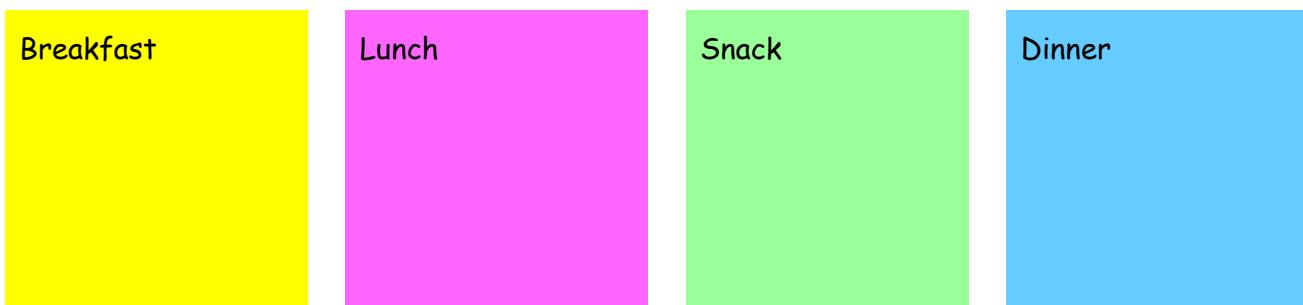
Written Activity One

What is your typical Aussie meal?

In this task, you will interview your fellow class members and formulate your own point of view on whether Australia has its own distinctive cuisine.

1. Interview the class on what their typical Australian breakfast, lunch, snack and dinner is.

Record their responses on four sticky notes:



2. Share your responses with the rest of the class.
3. Discuss how and why this might differ for people living in other communities within Australia.

Written Activity Two

Australia is a Culinary Disaster

Journalist, Michael Maddigan, once wrote an article titled, "Australia is a Culinary Disaster." In his article he stated, "We have no main course which we can place before an international guest and declare is an authentic Australian dish."

Fill in the response boxes below:

I agree/ disagree with the statement which states that:	
Firstly, in my opinion:	The evidence that supports my opinion is:
Secondly, in my opinion:	The evidence that supports my opinion is:
Lastly, in my opinion:	The evidence that supports my opinion is:
What might someone else argue?	
What is my response to this?	
With these few points, I strongly convince you that...	

Written Activity Three

The First Australian Barbeque

Cuisine is a type of food cooked in a specific way based on a culture's ingredients, religion, and traditions. Many say that Australian cuisine consists of unique flavours of cuisines around the world. For this reason, it is difficult to identify a particular style of cooking that is typical in Australia. Australian cuisine has been influenced by various cuisines such as South East Asia, Italy, and even the USA. In terms of cooking methods, some people consider the Aussie barbecue to be almost synonymous with Australian cuisine and our most distinctive cooking method.

[Click here](#) to read an article about the history of the Australian barbecue.

[Click here](#) for further reading about the history and popularity of the Aussie barbecue.

1. Where and when is it thought that the term barbecue first originated?

2. What were the first barbeques in Australia like?

3. When did the idea of the backyard barbecue eventuate in Australia?

4. What might have been served at these backyard barbeques?

5. Why do you think the backyard barbecue has become popular in Australia?

6. In terms of cooking methods, do you consider the Aussie barbecue to be our most distinctive cooking method?

Written Activity Four

Arnott's History in Australian History

[Click here](#) to read a brief account of the history of Arnott's biscuits.

Answer the following questions to determine how the story of Arnott's biscuits aligns with the history of Australia you have learned about throughout this unit of study.

1. When and where was William Arnott born?

2. Why did William Arnott travel to Australia?

3. What was William Arnott's occupation? Why were his knowledge and skills desirable in Australia?

4. What forms of technology did William Arnott use when establishing his biscuit business?

5. In what ways do Arnott's biscuits reflect the type of food products and cuisine found in Australia?

Practical Activity One

The Aussie Barbeque

In this task, you will modify a basic recipe for an Aussie barbeque to resemble the multicultural nature of Australian cuisine. You will need to modify the kebab and salad dressing recipe below that uses Kangaroo, a native ingredient in Australia, with spices and herbs that represent a cuisine immigrants have introduced to Australia.

Let's Cook

Kangaroo and Vegetable Kebabs

Ingredients:

4 small bamboo skewers, soaked in water overnight	50 grams button mushrooms
1 tablespoon olive oil	$\frac{1}{4}$ red capsicum
1 tablespoon of ground spices and/or herbs	$\frac{1}{4}$ zucchini
100-125 grams kangaroo rump	

Method:

1. **Combine** oil with ground spices and/or herbs.
2. **Cut** meat, capsicum and zucchini into 2 $\frac{1}{2}$ to 3cm cubes.
3. **Thread** the beef and vegetables alternatively onto the skewers.
4. **Brush** the skewers with some of the oil mixture.
5. **Heat** the barbeque or chargrill plate on high heat. Then, **reduce** to a medium temperature.
6. **Add** the skewers to the barbeque or chargrill plate. **Cook**, turning and occasionally brushing with the remaining oil mixture for approximately 6 to 8 minutes.

Note: Haloumi or paneer can be used instead of meat for a vegetarian option and firm tofu can be used for a vegan option.

Salad

Ingredients:

2 lettuce leaves	$\frac{1}{4}$ cucumber
1 tomato	2 small whole canned beetroots

Method:

1. **Cut** salad ingredients as desired.
2. **Place** on plates.

Salad Dressing

Ingredients:

1 tablespoon oil	1 teaspoon sauce
3 teaspoons vinegar or lemon juice	Salt and pepper for seasoning
1 teaspoon spices	

Method:

3. **Place** the oil, vinegar or lemon juice, spices and sauce in a glass jar. Secure the lid.
4. **Shake** the jar vigorously.
5. **Taste** and **season** as required.
6. **Sprinkle** a small portion of dressing over the salad.

Note: Any oil, vinegar (except Balsamic), spices, or sauces can be used for this salad dressing.

Let's Evaluate

Answer the following questions:

1. In what ways did the basic recipes reflect the ingredients and cooking methods used in Australian cuisine?

2. In what ways did the flavourings like herbs, spices, sauces, and oils reflect the cuisine immigrants have introduced to Australia?

3. Do you think the dish you made reflects distinctive Australian cuisine? Why? Why not?

Practical Activity Two

Master of Snacks: Arnott's Biscuits

In this task, you will compete with your classmates to make your version of an Arnott's biscuit.

As a class, **select** one of the biscuit recipes below that you would like to try to replicate:

- [Iced-Volvo](#)
- [Monte Carlos](#)
- [Kingston's](#)
- [Gluten-free Monte](#)
- [Scotch Finger](#)
- [Carlos](#)
- [Venetian Biscuits](#)

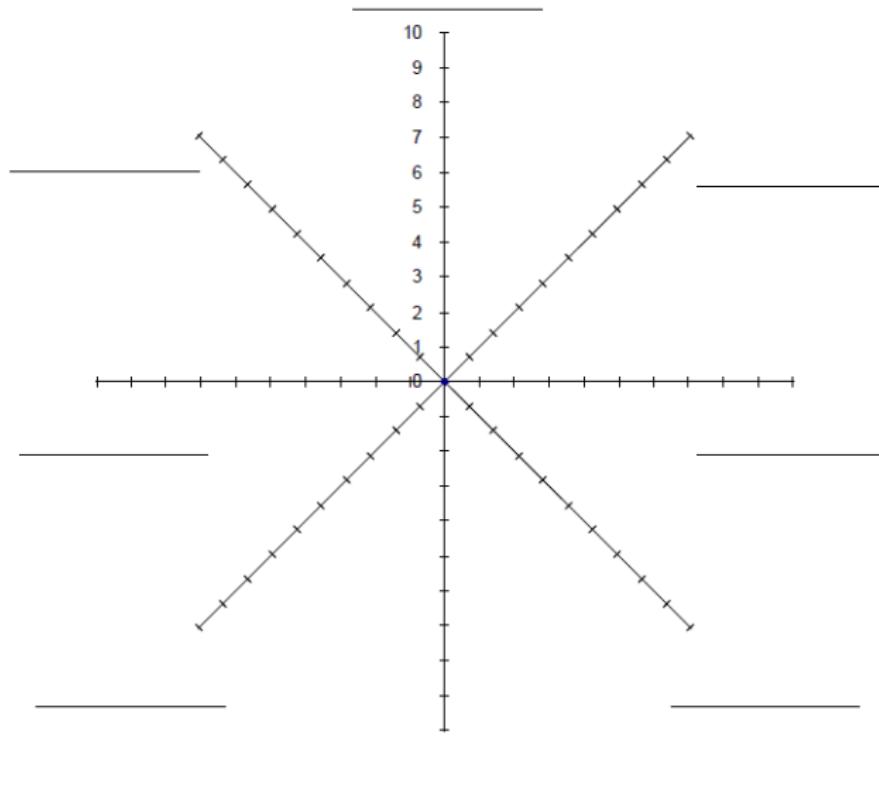
Let's Evaluate

Conduct a sensory test on the commercial version of your chosen biscuit.

1. **Describe** the sensory properties of the biscuit in the table below:

Sensory Properties				
Type of Biscuit	Appearance	Texture	Aroma	Taste

2. **Decide** on the most important characteristics that the biscuits must have. **List** each of these characteristics in the star evaluation diagram below.
3. **Sample** the original Arnott's biscuit again and **record** the intensity of each characteristic in the star diagram below. Use a scale from 0 to 10 (the higher the number, the greater the intensity) to rate the biscuit.
4. **Create** a key at the bottom of the diagram to record the biscuit you tested and the coloured pen you used to rate the biscuit. You will need to use a different coloured pen when you use the same diagram to assess the biscuit you made.



Let's Cook

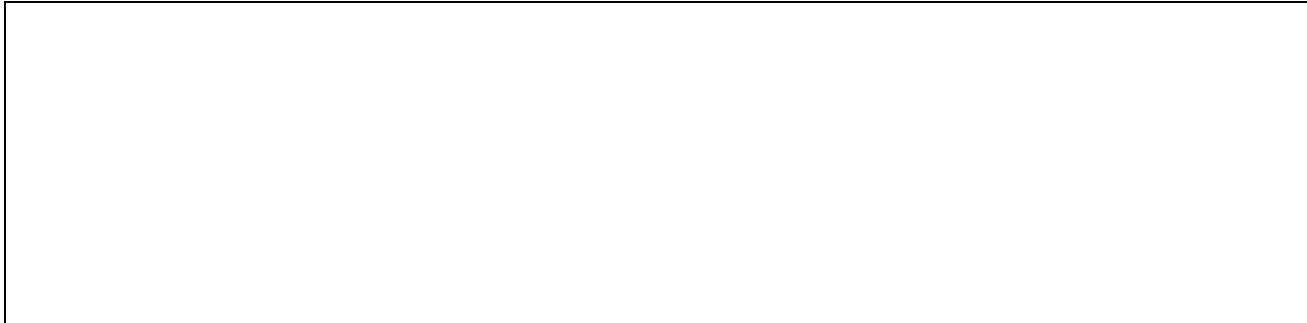
Make your chosen Arnott's biscuit in class.

Let's Evaluate

Sample your homemade Arnott's biscuit and **record** the intensity of each characteristic in the star diagram. **Use** a scale from 0 to 10 (the higher the number, the greater the intensity) to rate the biscuit.

Answer the following questions:

1. In what ways did your homemade biscuit resemble the original Arnott's biscuit?



2. What would you do to improve your biscuits if you were to make them again?



Idea: Ask a few teachers to evaluate the biscuits and decide which biscuit best resembles the original commercial variety.

Summary Activity

Complete the following tasks.

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

Write two or three sentences in your own words.

In your own words, explain why it may be challenging to describe Australian cuisine.

In your own words, explain why there is some debate about whether Australia has its own cuisine.

Summarise the factors that have impacted the development of Australian cuisine.

Does Australia have its own cuisine? Summarise your thoughts.

Discuss why people have different opinions about what Australian cuisine is.

Provide what you consider to be a typical Australian meal.

Exam Preparation

Multiple-Choice Questions (5 marks)

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

1. Australia may have had trouble developing its own cuisine because:
 - a. The population of Australia is insignificant.
 - b. A large part of Australia is desert.
 - c. There is a significant diversity of cultures that contribute to the cuisine in Australia.
 - d. The climate and geography in Australia is unsuitable for growing food.
2. Fusion food is best described as:
 - a. A food fad.
 - b. Food that combines features of two or more cuisines.
 - c. Food that can be prepared quickly using limited ingredients.
 - d. Leftover food that is put on the same plate and served together.
3. Asian ingredients have been in a lot of cuisine in Australia because:
 - a. Asian countries are in proximity to Australia
 - b. There are many Asian immigrants in Australia
 - c. All Australians love Asian food
 - d. A lot of Asian people visit Australia on holidays
4. It is challenging to describe Australian cuisine because:
 - a. Many different cultures, including indigenous culture, have influenced cuisine in Australia.
 - b. Australian chefs do not have enough knowledge about how to prepare indigenous ingredients
 - c. The only food available has been brought here from other countries.
 - d. It's not difficult to describe; anyone can list indigenous foods.
5. Select the incorrect response:

Most of Australia's iconic foods

- a. Use ingredients, preparation and cooking methods from other countries.
- b. Are historically significant.
- c. Use indigenous ingredients.
- d. Are available in commercial varieties.

Extended Response Question (10 marks)

Question 1 (10 marks)

Discuss the following question, “Is there any such thing as distinctive Australian Cuisine?”

In your response:

- Define the term cuisine.
- Explain the factors that influence the development of cuisine in Australia.
- Provide examples of Australian cuisine.
- Discuss what you believe is distinctive Australian cuisine and justify your response.

Marking Scheme

Mark	Level	Description
10	Very High	<ul style="list-style-type: none"> Very high standard of work. Very clear identification and explanation of key terms. Accurate, clear, and highly effective/relevant reference to stimulus throughout the response. Concise and well-structured response. Very comprehensive discussion the factors that influence the development of cuisine in Australia. Vast variety of examples of Australian cuisine provided in the response. Very comprehensive discussion that explains what distinctive Australian cuisine is and thorough justification of response.
8-9	High	<ul style="list-style-type: none"> High standard of work. Clear identification and explanation of key terms. Accurate, clear, and effective/relevant reference to stimulus throughout the response. Well-structured response. Thorough discussion of the factors that influence the development of cuisine in Australia. Variety of examples of Australian cuisine provided in the response. Thorough discussion that explains what distinctive Australian cuisine is and thorough justification of response.
6-7	Good/ Satisfactory	<ul style="list-style-type: none"> Satisfactory level of work. Identification and explanation of most key terms. Relevant reference to stimulus in response. Satisfactory structured response. Good discussion of the factors that influence the development of cuisine in Australia. Various examples of Australian cuisine provided in the response. Good discussion that explains what distinctive Australian cuisine is and thorough justification of response.
4-5	Basic	<ul style="list-style-type: none"> Basic level of work. Identification and explanation of some key terms. Some reference to stimulus in response. Response lacks structure. Some discussion of the factors that influence the development of cuisine in Australia. Some examples of Australian cuisine provided in the response. Some discussion that explains what distinctive Australian cuisine is and thorough justification of response.
2-3	Very basic/ limited	<ul style="list-style-type: none"> Very basic level of work. Identification and explanation of very few key terms. Lacks reference to stimulus in response. Response lacks structure. Limited discussion of the factors that influence the development of cuisine in Australia. Limited examples of Australian cuisine provided in the response. Limited discussion that explains what distinctive Australian cuisine is and thorough justification of response.
0-1	Very limited	<ul style="list-style-type: none"> Inadequate level of work. Minimal, if any, identification and explanation of key terms. Minimal, if any, reference to stimulus in response. Response lacks structure. Very limited discussion of the factors that influence the development of cuisine in Australia. Very limited examples of Australian cuisine provided in the response. Very limited discussion that explains what distinctive Australian cuisine is and thorough justification of response.
0	Inadequate	Does not address the question.
NA	No Response	No written response provided.

Exam Preparation

Multiple-Choice Questions (5 marks)

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

1. Australia may have had trouble developing its own cuisine because:
 - a. The population of Australia is insignificant.
 - b. A large part of Australia is desert.
 - c. **There is a significant diversity of cultures that contribute to the cuisine in Australia.**
 - d. The climate and geography in Australia is unsuitable for growing food.

The answer is not A. Every country can develop its own cuisine regardless of its population.

The answer is not B. Food can be grown throughout Australia, despite a large part of Australia consisting of desert. This food can contribute to the cuisine of the country.

The answer is C. The diversity of cultures that exists within Australia makes it challenging to develop a cuisine unique to Australia.

The answer is not D. Food can be grown in Australia, regardless of climate and geography.

2. Fusion food is best described as:
 - a. A food fad.
 - b. **Food that combines features of two or more cuisines.**
 - c. Food that can be prepared quickly using limited ingredients.
 - d. Leftover food that is put on the same plate and served together.

The answer is not A. A food fad is a change in food behaviour that is usually short-lived.

The answer is B. Food fusion cooking involves combining ingredients and cooking methods from different cuisines.

The answer is not C. Fusion food can be, but is not always, prepared using limited ingredients.

The answer is not D. This does not describe food fusion.

3. Asian ingredients have been in a lot of cuisine in Australia because:
 - a. Asian countries are in proximity to Australia
 - b. **There are many Asian immigrants in Australia**
 - c. All Australians love Asian food
 - d. A lot of Asian people visit Australia on holidays

The most appropriate answer is B.

4. It is challenging to describe Australian cuisine because:

- Many different cultures, including indigenous culture, have influenced cuisine in Australia.
- Australian chefs do not have enough knowledge about how to prepare indigenous ingredients
- The only food available has been brought here from other countries.
- It's not difficult to describe; anyone can list indigenous foods.

The answer is A. Indigenous culture and the culture of many different immigrants have influenced cuisine in Australia.

The answer is not B. Chefs are improving their knowledge about how to prepare indigenous ingredients but these are not really used in many homes in Australia.

The answer is not C. Indigenous foods have existed in Australia for thousands of years.

The answer is not D. Many Australians would struggle to list a range of indigenous foods.

5. Select the incorrect response:

Most of Australia's iconic foods

- Use ingredients, preparation and cooking methods from other countries.
- Are historically significant.
- Use indigenous ingredients.
- Are available in commercial varieties.

The answer is C. Most iconic foods of Australia do not include of indigenous ingredients.

Extended Response Question (10 marks)**Question 1 (10 marks)**

Discuss the following question, "Is there any such thing as distinctive Australian Cuisine?"

In your response:

- Define the term cuisine.
- Explain the factors that influence the development of cuisine in Australia.
- Provide examples of Australian cuisine.
- Discuss what you believe is distinctive Australian cuisine and justify your response.

When something is distinctive, it shows particular characteristics unique to a person or place. Distinctive cuisine refers to ingredients, preparation, and cooking styles typical to a specific region and/or culture.

Various factors influence the development of distinctive cuisine in Australia.

Firstly, the climate in Australia is diverse. Foods and animals raised in southern Australia cannot always be able to be grown in central or northern Australia. This means that the ingredients used in one part of Australia may be different from foods grown in other parts of Australia. For example, lamb is more suited to farming in southern Australia as sheep cannot cope as easily in northern Australia due to their wool being too warm in hotter climates. Plants like macadamia nuts can be grown in New South Wales and Queensland but are not suited to growing in Victoria. The difference in climate results in different foods being produced in other parts of Australia.

The geography and landforms in Australia also influence the type of cuisine consumed. People living along the coast would have greater access to seafood because they live near the sea compared to people living inland who might consume foods such as kangaroo that are more likely to be found inland.

The arrival of immigrants to Australia has also significantly influenced the type of cuisine consumed in Australia. Many Chinese people arrived during the Goldfields, resulting in new cooking methods such as stir-frying and steaming being introduced to the British settlers. European immigrants who came before and after the World Wars also introduced foods such as olive oil and pasta to Australians. Around the 1970s, immigrants from India, Thailand, and Vietnam introduced Asian flavours such as curry and noodles to the Australian palate. More recently, immigrants from Africa and the Middle East have further introduced different foods such as goat, pita bread, hommus, and various spices to Australians. The result of these different cultures has meant that there is not really one typical Australian cuisine but rather a diverse range of cuisines that all represent the diverse cultures and nationalities in Australia.

Australians' renewed interest in our history and sustainability has also resulted in an interest in indigenous foods. While indigenous foods have been around for thousands of years, we have recently seen a surge in the number of people interested in these foods in Australia. They are appearing on restaurant menus and supermarket shelves more nowadays. Kangaroo, macadamia nuts, river mint, and wattleseed are becoming a common ingredient to find in supermarkets and on restaurant menus. Indigenous foods are often included in a variety of cuisines.

Due to these factors, the cuisine found in Australia is highly diverse; however, despite where they live or what culture they come from, there is one common cooking method that most Australians use; the barbecue. Many Australians cook their food using a barbecue, particularly in summer or when entertaining friends. Regardless of whether they live by the sea or in the desert or are from Italy or Asia, many people in Australia cook their food using a barbecue. Foods such as Turkish kebabs, Greek souvlakis, American burgers, German sausages, and English chops can all be cooked using the humble backyard barbecue.

There is no particular food or preparation method that is distinctively Australian. Due to the diversity of the land, climate, and multiculturalism, Australians use a combination of foods from all different cultures, preparation, and cooking methods. However, we may have a distinctive cooking method. Whether it be for everyday meals or celebrations, many Australians seem to cook with a barbecue, which could be considered distinctively Australian cuisine.

Marking Scheme

Mark	Level	Description
10	Very High	<ul style="list-style-type: none"> Very high standard of work. Very clear identification and explanation of key terms. Accurate, clear, and highly effective/relevant reference to stimulus throughout the response. Concise and well-structured response. Very comprehensive discussion the factors that influence the development of cuisine in Australia. Vast variety of examples of Australian cuisine provided in the response. Very comprehensive discussion that explains what distinctive Australian cuisine is and thorough justification of response.
8-9	High	<ul style="list-style-type: none"> High standard of work. Clear identification and explanation of key terms. Accurate, clear, and effective/relevant reference to stimulus throughout the response. Well-structured response. Thorough discussion of the factors that influence the development of cuisine in Australia. Variety of examples of Australian cuisine provided in the response. Thorough discussion that explains what distinctive Australian cuisine is and thorough justification of response.
6-7	Good/ Satisfactory	<ul style="list-style-type: none"> Satisfactory level of work. Identification and explanation of most key terms. Relevant reference to stimulus in response. Satisfactory structured response. Good discussion of the factors that influence the development of cuisine in Australia. Various examples of Australian cuisine provided in the response. Good discussion that explains what distinctive Australian cuisine is and thorough justification of response.
4-5	Basic	<ul style="list-style-type: none"> Basic level of work. Identification and explanation of some key terms. Some reference to stimulus in response. Response lacks structure. Some discussion of the factors that influence the development of cuisine in Australia. Some examples of Australian cuisine provided in the response. Some discussion that explains what distinctive Australian cuisine is and thorough justification of response.
2-3	Very basic/ limited	<ul style="list-style-type: none"> Very basic level of work. Identification and explanation of very few key terms. Lacks reference to stimulus in response. Response lacks structure. Limited discussion of the factors that influence the development of cuisine in Australia. Limited examples of Australian cuisine provided in the response. Limited discussion that explains what distinctive Australian cuisine is and thorough justification of response.
0-1	Very limited	<ul style="list-style-type: none"> Inadequate level of work. Minimal, if any, identification and explanation of key terms. Minimal, if any, reference to stimulus in response. Response lacks structure. Very limited discussion of the factors that influence the development of cuisine in Australia. Very limited examples of Australian cuisine provided in the response. Very limited discussion that explains what distinctive Australian cuisine is and thorough justification of response.
0	Inadequate	Does not address the question.
NA	No Response	No written response provided.

Starter Activity One

Finish the Sentence Stems...

Instructions:

Teachers could give each student a sentence stem to complete as they enter or exit the classroom. Students could verbalise or write down their responses.

Finish the sentence stems below...

Australian cuisine is more complicated than it is for other countries because...

Even those living in Australia struggle to define the country's cuisine because...

The first thing to understand about modern Australian cuisine is that it is a...

Australian cuisine is a...

One of the most beautiful things about Australian cuisine is that...

It's not possible to define modern Australian cuisine in one sentence since...