

## Written Activity One

### 10+ Questions!

**Read** the content at this link: <https://foodstudies.com.au/courses/unit-2-2-4/>

**Answer** the questions below.

1. How can developing individual food skills lead to economic benefits?

Developing individual food skills can lead to economic benefits by saving money. Cooking at home is generally cheaper than eating out or buying ready-made meals, as it eliminates additional costs such as staff wages, rent, and utilities associated with restaurants and takeaways.

2. What are some strategies for saving money through cooking at home?

Strategies for saving money through cooking at home include planning meals around sales or discounts, buying in bulk, and utilising cheaper cuts of meat to create healthy meals. By being mindful of budgeting and meal planning, individuals can reduce their food expenses while still enjoying nutritious meals.

3. How can cooking skills be used as a means to earn money?

Cooking skills can be used as a means to earn money by selling homemade food. Individuals who excel at cooking can sell their products at markets or through online platforms such as Facebook Marketplace, Gumtree, Uber Eats, Menu Log, and Deliveroo. This provides an opportunity to generate additional income from the comfort of their homes.

4. What are the social benefits of developing individual food skills?

The social benefits of developing individual food skills include improved communication skills and social behaviour. Shopping for food and engaging in discussions with others can help enhance interpersonal skills, which is particularly beneficial for individuals living alone or older individuals who may feel lonely.

5. How does cooking food from different cultures contribute to social connections?

Cooking food from different cultures promotes social connections by facilitating cultural learning and understanding. It allows individuals to engage with diverse cuisines and traditions, fostering a sense of connection and appreciation for different cultures. It also helps to preserve and pass down food traditions from one generation to the next.

## 6. In what ways can cooking enhance emotional wellbeing?

Developing food skills can have positive impacts on emotional wellbeing. Cooking can serve as a source of relaxation and provide a sense of accomplishment. The focus required during cooking helps individuals stay in the present moment and can contribute to reducing stress levels.

## 7. How does knowing where our food comes from impact our emotional health?

Knowing where our food comes from can enhance our emotional health by inspiring us to choose food that is good for the planet. Making environmentally conscious choices can create a sense of purpose and fulfilment, knowing that our actions contribute to making a positive difference.

## 8. What are the physical benefits of developing food skills?

The physical benefits of developing food skills include better physical health. By understanding food labels, individuals can make informed and healthier food choices, which can help prevent health issues such as obesity, diabetes, and heart disease. Additionally, sourcing and preparing nutritious foods and controlling portion sizes contribute to maintaining a balanced and healthy diet.

## 9. How does understanding food labels contribute to better physical health?

Understanding food labels enables individuals to make healthier food choices by providing information about the nutritional content and ingredients in food products. This knowledge allows individuals to select foods that align with their dietary needs and avoid those that may be detrimental to their health.

## 10. What factors can enable the acquisition and application of food skills?

Factors enabling the acquisition and application of food skills include education and exposure to food and cooking concepts. Learning from family traditions, school programs, cookbooks, cooking shows, and online tutorials can foster interest and knowledge in food skills. Access to cooking classes, both in-person and online, offered by community and government support agencies also provides opportunities for skill development. Time availability, suitable cooking facilities, family and cultural norms, and income levels can also influence the acquisition and application of food skills.

## Written Activity Two

### Magazine Mosaic of Food Skills

In this task, you are required to work in small groups to create a collage that visually represents the benefits of developing practical food skills.

1. Use poster paper, magazines, scissors, glue sticks, and textas to complete this task.
2. Search through the magazines provided to find images, words, or phrases that relate to the benefits of developing food skills. These can include images of healthy meals, cooking utensils, people cooking together, fruits and vegetables, social gatherings around food, or any other visuals.
3. Annotate the images with your own notes.
4. Cut out the selected images and words and arrange them on your poster paper. Use the textas to add any additional drawings, captions, or decorations that enhance their collage.
5. Present your collage to the class.
6. Explain the benefits you chose to represent and why you selected the particular visuals for your collage.

## Written Activity Three

### The Heart Foundation Koori Cooking Program

**Read** the article about The Heart Foundation's Koori Cooking program at this link:

**Watch** the video about the program: <https://youtu.be/LcXFX-JTKM0>

Answer the questions below:

1. What specific skills do participants learn in this cooking program? How do these skills contribute to their ability to prepare healthier meals?

Participants in this cooking program learn skills such as nutrition knowledge, reading food labels, cooking techniques, and using local produce. These skills enable them to make healthier food choices, understand the nutritional value of ingredients, and prepare meals that are more nutritious. They gain the ability to create balanced meals, incorporate more vegetables, and reduce saturated fats and salt in their cooking.

2. What are the economic benefits of developing practical food skills and applying them in the home? How can these skills help individuals and families save money and make more cost-effective food choices?

Developing practical food skills allows individuals and families to save money by reducing their reliance on expensive processed foods and take-out meals. By cooking at home and using affordable ingredients, they can make more cost-effective food choices. They can also plan meals in advance, minimise food waste, and utilise leftovers creatively.

3. What are the social benefits of participating in this cooking program? How does it foster a sense of community and connection among the participants?

Participating in this cooking program fosters a sense of community and connection among participants. They come together to learn and share experiences, forming bonds through the process of cooking and enjoying meals together. The program creates a supportive and inclusive environment where participants can interact, exchange knowledge, and build relationships, enhancing their social well-being.

4. How does the cooking program address emotional well-being? In what ways can learning and applying food skills positively impact participants' mental health and overall happiness?

Learning and applying food skills can boost participants' confidence and self-esteem as they master new techniques and create delicious and healthy meals. Engaging in cooking and sharing meals can also promote feelings of joy, satisfaction, and accomplishment, positively impacting participants' mental health and overall happiness.

5. What are the physical benefits of developing practical food skills? How can these skills lead to improved nutrition, better health outcomes, and reduced risk of chronic diseases?

By learning about nutrition and making healthier food choices, participants can enhance their diet quality, increase their intake of essential nutrients, and reduce the consumption of unhealthy ingredients. This can contribute to better overall health, reduced risk of chronic diseases such as obesity, heart disease, and diabetes, and improved energy levels and vitality.

6. Why was this cooking program successful? Identify the key factors or strategies implemented in the program that contributed to its effectiveness and positive outcomes.

This cooking program was successful due to several key factors. It was tailored to the specific needs and interests of the participants, focusing on cooking healthy meals on a budget. The program utilised local produce and traditional ingredients, which resonated with the Aboriginal culture and created a sense of familiarity and connection. The program also provided a supportive and engaging environment where

participants could learn from each other, try new foods, and build relationships. The use of resources from the Heart Foundation, such as easy-to-follow lesson plans and equipment lists, further enhanced the program's effectiveness.

7. In what ways do participants and the wider community benefit from this cooking program? How does it promote healthier eating habits, improved food choices, and overall well-being?

Participants benefit from this cooking program by gaining practical food skills, improving their nutrition knowledge, and enhancing their ability to prepare healthier meals. They can apply these skills in their daily lives, promoting healthier eating habits and making improved food choices for themselves and their families. The program also has a wider community impact by raising awareness of healthy cooking and nutrition, influencing others to adopt healthier eating practices, and contributing to overall well-being and improved public health outcomes.

8. How might this program inspire participants to become advocates for healthy cooking and nutrition within their own communities? Discuss the potential ripple effect and the broader impact on public health.

This program can inspire participants to become advocates for healthy cooking and nutrition within their own communities in several ways. As participants gain knowledge and skills, they become role models and share their experiences with family, friends, and community members. Their positive changes in eating habits and improved well-being can inspire others to adopt healthier practices. This ripple effect can lead to a broader impact on public health as more individuals and families make healthier food choices, resulting in improved community health outcomes and a culture of wellness.

9. What other types of cooking programs do you think communities in Australia would benefit from?

Communities in Australia would benefit from a range of cooking programs that cater to specific needs and demographics. For example, programs focused on healthy cooking for children, teenagers, or older adults could address age-specific nutritional needs and promote lifelong healthy habits. Cultural cooking programs that celebrate diverse cuisines and traditional foods would also be valuable, promoting cultural appreciation and healthier adaptations of traditional dishes. Additionally, programs addressing specific health concerns such as diabetes management or weight loss through cooking could provide targeted support and education.

10. How can the development of practical food skills contribute to sustainability? What are the potential benefits for both individuals and the broader community?

The development of practical food skills can contribute to a more sustainable and environmentally conscious approach to food consumption. By learning to cook from scratch and utilise whole ingredients, individuals can reduce their reliance on heavily processed and packaged foods, which often have a higher environmental impact. Practical food skills can also include education on reducing food waste, utilizing leftovers creatively, and making informed choices about sustainable seafood and locally sourced produce. These practices promote resource efficiency, minimize food waste, and support sustainable agricultural and fishing practices, benefiting both individuals and the broader community by reducing their ecological footprint.

## Written Activity Four

### The Heart Foundation Koori Cooking Program

**Read** the article about The Heart Foundation's Koori Cooking program at this link:

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#### Group Work

Discuss and reflect on the following questions in small groups or pairs.

1. What were the key messages delivered in the cooking program?
2. What were the economic, social, emotional, and physical benefits highlighted in the transcript?
3. Why do you think the program was successful?
4. How do you think the participants and the wider community benefited from the cooking program?
5. What other types of cooking programs do you think communities in Australia would benefit from?

#### Independent Work

Independently create an individual reflection plan.

Your action plan should include the following:

1. Specific food skills you would like to develop or improve upon.

2. Healthy cooking and eating habits you want to adopt or enhance.

3. Strategies for incorporating these skills and habits into your daily life.

4. Potential challenges you might encounter and how you plan to overcome them.

5. Ways you can share your knowledge and inspire others to make healthier food choices.

**Group Work**

Share one aspect of your action plan with your group members.

## Exam Preparation Activity

### Multiple-Choice Questions (5 marks)

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

1. What is a physical benefit of developing food skills?
  - a. People might learn how to prevent cross-contamination.
  - b. People may be able to read food labels accurately.
  - c. People may develop the ability to cook using ingredients that are low in saturated fat, sugar, and salt.
  - d. All of the above.

The correct answer is D. All of the answers are examples of food skills.

2. What factor significantly limits the development of skills in preparing nutritious meals?
  - a. Inadequate access to nutritious foods.
  - b. Lack of access to the internet.
  - c. Limited availability of specialised equipment, such as a food processor.
  - d. Family and friends that provide support.

The correct answer is A.

Without access to fresh and healthy ingredients, it becomes challenging to create balanced and nutritious meals, regardless of one's cooking skills.

3. Being able to prepare treats for birthday parties can be of \_\_\_\_\_ benefit.
  - a. Economic.
  - b. Spiritual.
  - c. Psychological.
  - d. Physical.

The correct answer is A.

By making treats at home, individuals can save money compared to buying pre-made treats from a store or bakery.

4. Mia prepares homemade burgers for her teenage children rather than purchasing them at the fast-food outlet opposite their home. The most likely benefit of doing so will be:
  - a. Her children will like them better than burgers from a well-known burger franchise.
  - b. Mia is likely to save time and money.
  - c. Mia will save money and reduce the amount of saturated fat her children will be consuming.
  - d. Her children will learn some cooking skills.

The correct answer is C.

Cooking at home allows individuals to save money by controlling ingredient costs, portion sizes, avoiding dining out expenses, reducing reliance on convenience foods, and utilising meal planning and leftovers. By cooking at home, Mia can control the ingredients used in the burgers, making them a healthier option compared to fast-food burgers.

5. Which benefits of cooking are related to interactions and connections with others?



- a. Economic benefits
- b. Emotional benefits
- c. Physical benefits
- d. Social benefits

The correct answer is D.

Cooking can bring people together, facilitate meaningful connections, nurture relationships, and foster a sense of community. Sharing meals that have been prepared is a common social activity that strengthens bonds with family members, friends, and broader social circles.

**Short Answer Questions** (14 marks)**Question 1** (8 marks)

Read the case study below:

Meet Sophie, a secondary-aged school teenager who is eagerly developing her cooking skills as part of her school's cooking program. Every week, Sophie's class dives into exciting culinary adventures, learning about various ingredients, cooking techniques, and nutrition. However, Emily's enthusiasm for cooking is met with a challenge at home, where her family heavily relies on convenience foods.

At home, Sophie 's family often opts for pre-packaged meals, takeout, and fast food due to their busy schedules and limited time for meal preparation. The kitchen remains largely unused, with the microwave being the most frequently used appliance. Sophie's exposure to fresh ingredients, culinary practices, and the joy of cooking contrasts with her family's reliance on ready-made meals.

Despite the disparity, Sophie's newfound passion for cooking extends beyond the classroom. She begins to cook homemade, nutritious meals at home.

The student needed to provide a brief explanation for each answer.

- a. Explain how Sophie might benefit socially by being part of the cooking program at school. 2 marks

Sophie might benefit socially by being part of the cooking program at school as it provides opportunities for collaboration and teamwork with her classmates, fostering positive interactions and the development of social skills.

- b. Explain how Sophie's family might benefit physically by eating the homemade meals that Sophie makes. 2 marks

Sophie's family might benefit physically by eating the homemade meals she makes as they can have better control over the ingredients used, allowing them to make healthier choices and meet their nutritional needs, which can contribute to improved overall well-being.

- c. Explain how Sophie might benefit emotionally by participating in the cooking program at school. 2 marks

Sophie might benefit emotionally by participating in the cooking program at school as it can provide a sense of accomplishment and pride when she successfully prepares meals. Cooking can also serve as a creative outlet and a source of enjoyment, contributing to her emotional well-being.

- d. Explain how Sophie and her family might benefit physically from the homemade meals she makes. 2 marks

Sophie and her family might benefit physically from the homemade meals she makes as they can incorporate fresher ingredients, reduce the consumption of processed and unhealthy foods, and have greater control over portion sizes and nutrient content, promoting better health and potentially preventing the onset of lifestyle diseases.

**Question 2**

- a. Identify one factor that would enhance someone's ability to acquire food skills in preparing nutritious meals and explain how this factor enables someone to acquire food skills. (3 marks)

For one mark, the student needed to identify one factor.

For two marks, the student needed to explain this factor.

Sample responses have been provided below:

**Access to fresh and diverse ingredients:** Having access to a wide range of fresh ingredients enables individuals to explore different flavours, experiment with recipes, and develop their understanding of nutritious meal preparation. It allows them to practice using various ingredients, which enhances their knowledge and skills in creating nutritious meals.

**Culinary education and resources:** Access to culinary education, such as cooking classes, workshops, or online resources, provides individuals with the necessary knowledge and techniques to acquire food skills. These resources offer guidance on ingredient selection, cooking methods, and recipe development, empowering individuals to make informed choices and develop their proficiency in preparing nutritious meals.

**Supportive social environment:** A supportive social environment, such as a family or community that values and encourages cooking skills, can enhance someone's ability to acquire food skills. Through shared experiences, mentoring, and positive reinforcement, individuals feel motivated and supported in their journey to develop cooking skills, fostering a conducive learning environment.

**Time and flexibility in schedule:** Having adequate time and flexibility in one's schedule allows individuals to dedicate sufficient time to learn and practice food skills. It enables them to engage in meal planning, grocery shopping, and cooking without feeling rushed, facilitating a deeper understanding of nutrition and the development of effective meal preparation techniques.

**Availability of kitchen tools and equipment:** Access to essential kitchen tools and equipment, such as knives, cookware, and appliances, plays a vital role in acquiring food skills. Having the necessary tools enables individuals to execute various cooking techniques, experiment with recipes, and expand their culinary repertoire, ultimately enhancing their ability to prepare nutritious meals.

- b. Identify one factor that would deter someone's from acquiring food skills and explain how this factor deters someone to acquire food skills. (3 marks)

For one mark, the student needed to identify one factor.

For two marks, the student needed to explain this factor.

Sample responses have been provided below:

**Lack of time:** When individuals have limited time for meal preparation and cooking, they may resort to convenience foods or rely on ready-made meals, hindering their ability to invest time in learning and practicing food skills.

**Limited access to fresh and affordable ingredients:** Without access to a variety of ingredients, individuals may find it challenging to experiment with new recipes, develop their knowledge of nutritious meal preparation.

**Lack of culinary education and resources:** Without access to cooking classes, workshops, or reliable online resources, individuals may struggle to gain the necessary knowledge and techniques for nutritious meal preparation..

**Unsatisfactory kitchen infrastructure and equipment:** Without proper kitchen facilities, individuals may face challenges in executing cooking techniques and may feel discouraged from exploring new recipes or experimenting with ingredients. The absence of suitable tools and equipment restricts their ability to engage in effective meal preparation and hampers their development of food skills.

