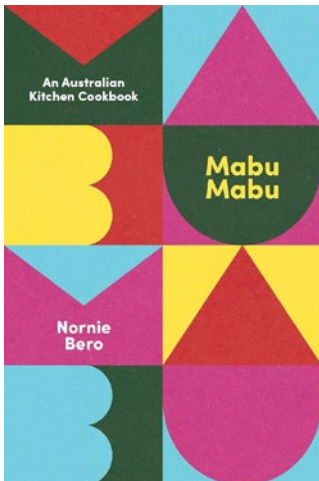




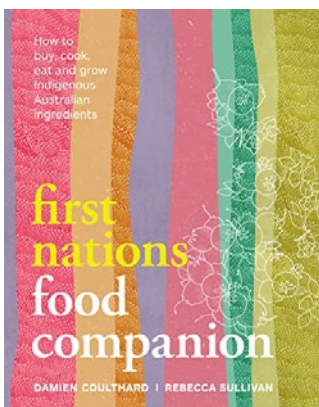
# Thoughtfully Borrowed Handy Hints

Looking for some inspiration for Native Ingredients?  
Here are some fantastic resources to investigate, plus some links to shops:

## Reference books for native foods



Mabu Mabu: An Australian Kitchen Cookbook  
Book by Nornie Bero



First Nations Food Companion:  
How to buy, cook, eat and grow Indigenous Australian ingredients- By: Damien Coulthard, Rebecca Sullivan

## Links and shops for native foods

- [fingerlimesmelbourne.com.au/collections/native-australian-fruits](http://fingerlimesmelbourne.com.au/collections/native-australian-fruits)
- [barbushco.com.au](http://barbushco.com.au)
- [indigiearth.com.au](http://indigiearth.com.au)
- [creativefoods.com.au](http://creativefoods.com.au)
- [mabumabu.com.au](http://mabumabu.com.au)
- [maningridawildfoods.com](http://maningridawildfoods.com)

## Suggested Teaching Ideas

### Idea 1

Use the mind maps to examine the ingredients, foods and features of each cuisine for Korea, Japanese, Philippines and Spain.

### Idea 2

- Show images or samples of different hand-held appetisers from various cuisines around the world. Include examples like sliders, spring rolls, samosas, bruschetta, dumplings, and skewers.
- Discuss the cultural context of each and any unique ingredients or preparation methods.

### Idea 3

- Engage students in a discussion about their favourite hand-held appetisers and any experiences they have had with finger foods. Encourage them to share if they have tried hand-held appetisers from different cultures. Get students to conduct a class questionnaire with other students or teachers about hand-held appetisers they have experienced. Share findings as a class.
- Ask students to create a visual display showcasing different hand-held appetisers. They can draw, write, or use clippings from magazines or online to represent their chosen appetisers.

### Idea 4

Watch a range of cooking shows to find out examples of hand-held appetisers. Categorise them as sweet or savoury. Discuss the features of these hand-held appetisers.

### Idea 5

Connect with your local Aboriginal or Torres Strait Islander Community or Elders to discuss native foods grown in your area. Try to source these ingredients and conduct a taste test.

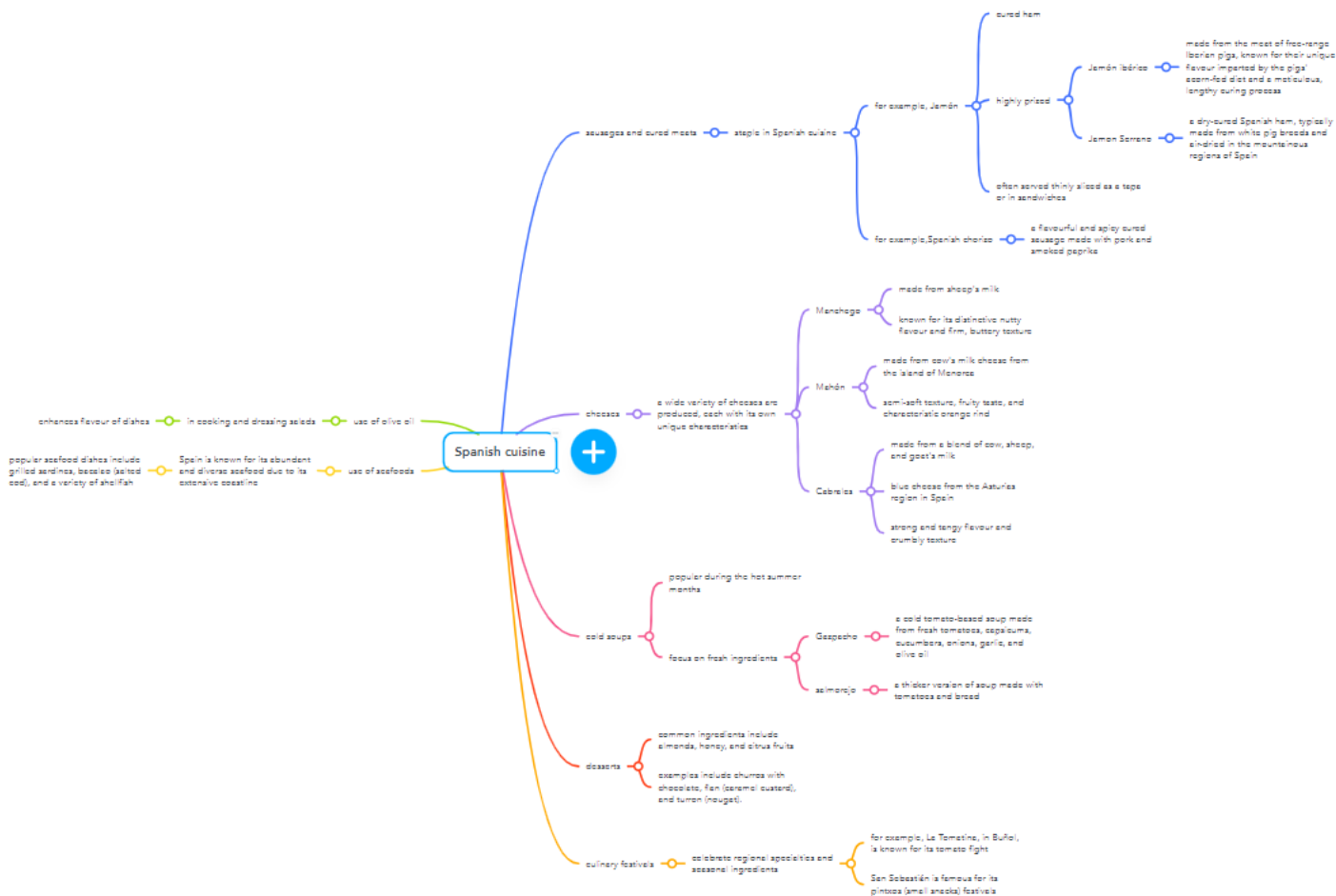
### Idea 6

Examine a range of native herbs and spices and other native ingredients. Identify which Country each ingredient comes from. Connect with your local Aboriginal or Torres Strait Islander Community to find out more about herbs and spices and other native ingredients local to your school, and find out how they are traditionally used. Conduct a taste testing and share ideas.

# Filipino Cuisine Mind Map



# Spanish Cuisine Mind Map



# Korean Cuisine Mind Map



# Japanese Cuisine Mind Map

