

inform

Newsletter of the Home Economics
Institute of Australia (Qld) Inc.
December 2017



This final issue of *InForm* for 2017 highlights some of the professional development activities offered by HEIA(Q), the Queensland division of the Home Economics Institute of Australia, in the last term of the year. These activities were very practical and/or social and complemented the regional workshops offered during the year.

There is also news about what has been happening in some Queensland classrooms, as well as some upcoming opportunities for 2018. As is typical at this time of the year, the newsletter also reports on the results of the HEIA/McCormick 2017 Recipe Challenge, including the Queensland and national winning entries.

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Contents

From the President	2
HEIA(Q) review of Food Safety Matters	3
HEIA(Q) 2017 acknowledgement of World Food Day	4
Making a difference with Boomerang Bags at Rockhampton Girls Grammar School	5
HEIA(Q)'s 2017 Professional development program What happened in Term 4	6
2017 HEIAQ Prac Day Out Investigating the chemical properties of food	8
HEIA(Q) 2017 Food Science Days for home economics teachers	10
When East meets West at Grace Lutheran College	14
HEIA/McCormick Flavour Forecast Recipe Challenge Winners of the 2017 Challenge	16
HEIA/McCormick Flavour Forecast Recipe Challenge Congratulations to Moreton Bay College	18
A culinary journey continues...	19
Launch of Jane Milburn's book <i>Slow Clothing</i>	20
Wool4School 2018 registrations are now open	22
Portfolio design workshop	22
QUT professional development for Queensland design teachers Design Teachers Studio 2018	23
HEIA(Q) 2018 Annual General Meeting	24
Diary Dates	Back cover

From the President



As the year ends many of us can breathe a sigh of relief as we finish our major projects and discharge our responsibilities for the year. For those involved in education 2017 has been a year of change, with ACARA implementation and preparation for the new Senior syllabi in 2019 being major focuses for all educators. Practitioners have been asked to embrace the biggest changes in 20 years. From my discussions with people from across the state, I sense a positive if somewhat anxious anticipation of the new things to come. Now is the time to make links, to keep in touch with colleagues and to share our resources so that we do not burn out trying to do everything ourselves. By contributing to our collective knowledge base you are also encouraging others to think in a different manner and strengthening their self-confidence through endorsing professional practice.

As in other years, in 2017 HEIA(Q) has continued to support members with an extensive range of professional development programs. The Queensland home economics profession is indeed very fortunate to have a dedicated team that facilitates professional development in its twelve regions from the Gold Coast to Cairns, as well as organising the state conference, which this year attracted over 350 delegates plus speakers and sponsors. The Practical Day Out was enjoyed for the second consecutive year, as was the more social side of events that acknowledged and celebrated World Home Economics Day and World Food Day. The Food Science Day, a new event for 2017, was developed in partnership with The University of Queensland (UQ). This collection of professional learning activities was an amazing bonus for Queensland home economics professionals, especially as it was all organised by member volunteers—except for Expert Events, the company that manages the conference and regional workshop program after our members have designed the program and enlisted the presenters. I would like to thank those who have been involved in organising the 2017 events: Cheryl Conroy, Belinda Ingram, Tessa Lund, Lyn McErlean, Ngaire Mayo, Janet Reynolds, Jill Shehab and Susan Smith. I would also like to thank all those other members who presented at events and, of course, all of you who attended them. Planning for the 2018 state conference is already well underway, with some inspiring speakers and great opportunities for teachers in the program. Stay tuned for more information early next year.

The Food Science Day for 2017 was our first joint enterprise with UQ, whose provision of staff and a generous subsidy made our participation affordable and the event a wonderful professional experience for the 140 home economics teachers who attended. I would like to acknowledge and thank the staff from UQ for their invaluable input to this venture. Another highlight of the day was networking with other teachers from all over Queensland, including much discussion focussed on the upcoming senior *Food & Nutrition* syllabus. In this regard, please be aware that a textbook is currently being written that will be published by Cengage. This text will closely follow syllabus requirements and will provide teachers with a resource from which it will be easy to teach.

HEIA(Q) evaluates its events to inform future decisions. Our members have a great record of responding to these surveys for which I would like to thank you and let you know that your feedback is always well considered. Thank you, for assisting us to provide high-quality professional development opportunities for all our members.

Finally, I would like to take the opportunity to wish you all a merry Christmas and I hope that you and your loved ones have good health over the break. May 2018 be a year of positive change and consolidation of our place in teaching the broad suite of subjects that is Home Economics.

Kirsten McCahon

President, HEIA(Q)



HEIA(Q) review of Food Safety Matters

with a view to new food-safety resources for Queensland schools

Background

In 2000 Queensland Health developed the resource *Food Safety Matters (2000)* for Queensland secondary schools (and later for all schools across Australia). Copies of the resource were sent to all schools free of charge, after which the resource could be purchased from HEIA.

In October 2017 Queensland Health advised of its intention to seek information and advice on the resources and delivery strategies that would best help secondary schools to teach good food-safety practices. The intention is that the responses will inform either a revision of the *Food Safety Matters* resource or the development of new food-safety education and training resources for secondary schools. It is envisaged that the main focus of the food-safety messages will continue to be food-safety practices in home and non-commercial settings.

On 26 October 2017 HEIA(Q) submitted a proposal to complete the necessary research to provide the information required and on 27 November 2017 Queensland Health advised that they had accepted our proposal. Although the acceptance had been delayed by the Queensland election, the 20 December 2017 deadline for the first report remained unchanged. With all Queensland schools finishing Term 4 no later than 8 December 2017, the data had to be collected rapidly. Fortunately, the HEIA(Q) membership responded enthusiastically and returned sufficient responses to make the findings valid. Thank you to all members who made the time in that busy period to complete the survey.

Queensland Health indicated that data-collection methods should include, but not necessarily be limited to, a written/online survey of stakeholders, face-to-face consultation (e.g. focus groups) and interviews. The online survey has been completed and will be reported on by 20 December 2017. Interviews and focus groups will be held early in 2018 with those who responded in the survey that they are prepared to participate further in the research.

In line with the brief from Queensland Health, the HEIA(Q) research aims to:

- provide a review of the resource *Food Safety Matters (2000)* to identify, for example, which components are useful, even if they are dated

- identify the types of resources (including online resources) and strategies that would best support and improve food-safety education in Queensland secondary schools, including strategies to improve the adoption of good food-safety practices.

It is noted that a separate project is planned to develop web content suitable for other groups such as vocational-education providers; the community, not-for-profit and volunteer organisations; providers of day care and after-school-hours care; and the general public.

Methodology

Online survey

A survey was developed to seek direct responses from the (approximately 620) members of HEIA(Q) on their views about *Food Safety Matters (2000)* as well as their thoughts as to what is needed in a resource for the future.

This survey was divided into three main parts:

1. Information about the member and the member's school
2. An evaluation of *Food Safety Matters (2000)*, which could be skipped if the respondent was not familiar with or had not used the resource
3. Resources that would best support teaching food safety now and into the future.

The closing date for survey responses was 11 December 2017.

With HEIA(Q) members spread across Queensland, the survey provided an opportunity for home economics teachers from a range of settings (urban, regional and remote; wealthy and not-so wealthy; and both all-girl and co-educational schools) to provide input into the project. This meant that a large number of people from a broadly encompassing demographic were able to have their voices heard.

Focus groups

Depending on the responses to the initial survey, it is anticipated that three focus groups will be held, which will be complemented by individual interviews as appropriate. One focus group is likely to be in the form of a webinar aimed mainly at regional and remote members. The second focus group might also be a webinar or could be held face to face in Brisbane, depending on the responses to the initial survey. The final focus group will seek input from specific teachers known for their ideas about good teaching practice, including the use of digital resources.

The survey and focus groups will consider:

- an evaluation of Food Safety Matters that includes, but not exclusive of a summary of the strengths and weaknesses of Food Safety Matters
- the age groups and courses for which a food-safety resource is required
- what an ideal food-safety resource for use predominantly in schools would look like in terms of print and/or online materials
- what good classroom-teaching practice looks like both now and projecting to the next ten years, and what that might look like with respect to food safety.

Timelines for future work

The focus groups and interviews need to be conducted before mid February 2018 in order for the final report to be submitted to Queensland Health in February.

Thank you

Thank you to all the HEIA(Q) members who were able to complete the initial survey. If you were not able to respond at the time but think you could help in the next stage, please contact Jan Reynolds at janetrey@ozemail.com.au.

This is a great opportunity for HEIA(Q) members to shape the development of a new resource. That HEIA(Q) was asked to do the research and that our members were able to provide survey responses so quickly when they were madly finishing up the academic year—or maybe had even switched off for the year—is testimony to the professionalism of our members, the strength of our association, and the value of your membership. Thank you.

Dr Janet Reynolds

HEIA(Q) Committee of Management

HEIA(Q) acknowledges
World Food Day 2017

A walk along the river at Teneriffe

In October 2017, a small but determined group of nine foodies took part in a HEIA-organised food-and-beverage walking tour around the beautiful old Brisbane area of the Newstead/Teneriffe peninsular. Apart from being a great way to spend a Saturday afternoon, the event acknowledged World Food Day.

Under the capable guidance of our walking-talking encyclopedia, we began our afternoon at the small but exquisite boutique manufacturer, Murielle Vuilleumier Swiss Chocolatier. Our Austrian host explained how she and Michael, her business partner and husband, had arrived at their present location and where they source their raw materials. Murielle demonstrated some basic chocolate-making techniques and then had to force us all to sample a range of her delicate and decadent wares!

Our next stop was around the corner and up a small hill, into La Macelleria, which looks like but isn't a butcher shop at all. Its name actually means 'the butcher's shop' in Italian, which is a snippet of this gelateria's history. Here our host gave us an insight into the care and attention that they put into each of their cloched, silky-smooth ice creations. More taste testing was forced upon us as well as a tub each to go, to see us through to our next stop over the hill, around the corner and down the street. There we found The London Club Restaurant and Tavern, a delightful little pub overlooking the river. It was really nice to sit on their high benches, sipping cocktails and sampling a range of delicious tapas as we watched the world go past.

Our final port of call was the Newstead Brewery near the renovated Gasworks precinct. All their brews are made on site and it only seemed fair that we should try as many of the six specialist brews as we wanted before selecting one of them to consume as a full glass of cleansing ale. The beers were accompanied and complemented by a range of modern, pub-cuisine finger foods.

All in all, the afternoon was a lot of fun, shared with like-minded home economics foodies who were wonderful company. There are lots of small, niche-market areas to explore all around Brisbane these days, and I am sure to be revisiting this one.

Special thanks go to Tessa Lund for all the work she put in coordinating the day and keeping the rain at bay.

Andrew McVittie
HEIA(Q) member



Making a difference with Boomerang Bags at Rockhampton Girls Grammar School

Let's make a difference with what we produce in the home economics classroom. In 2017 Rockhampton Girls Grammar School used the Boomerang Bags approach to guide a term-assessment item for the Year 8 Home Economics cohort. By adopting the Boomerang Bags approach—for more information, go to <http://boomerangbags.org/about/>—we hope to reduce the use of plastic bags by using recycled material to create a sustainable alternative.

By getting involved with Boomerang Bags, we participated in a national movement that celebrates a local, grassroots initiative to build community and work towards sustainability. Boomerang Bags is a great program that allows students to engage in a community project while extending their sewing skills.

To allow this cost-effective program to work within the Home Economics curriculum I've created lesson plans, scaffolding, assessments and mapping that I'm happy to share. Boomerang Bags has some great online resources to assist in understanding how one can make a difference.

For more information please email me at staceyrogers@rggs.qld.edu.au or phone me on 07 4930 0900.

Stacey Rogers

Rockhampton Girls Grammar School

About Boomerang Bags



Boomerang Bags is a grassroots, community-driven movement tackling plastic pollution at its source. Volunteers from all walks of life get together to make re-useable 'boomerang bags' using recycled materials, as a means of providing a sustainable alternative to plastic bags.

These bags create a platform to start conversations, to make friends, to upcycle materials and to work towards shifting society's throwaway mentality to a more sustainable revolution of re-use—one community, one needle and one thread at a time!

Together we link hands globally to create a paradigm shift to a more connected and conscious society.

How it works

Boomerang Bags works to reduce the use of plastic bags by engaging local communities in making Boomerang Bags using recycled materials. Boomerang Bags provide a free, fun, sustainable alternative to plastic bags. By getting involved, you are participating in a global movement, celebrating a grassroots initiative focussed on community building and sustainability.

Step 1) Connect

Boomerang Bags communities are areas in which volunteers get together to make bags—they can involve just one person or a whole village. Join a nearby Boomerang Bags community, or get some friends together and start a group of your own! Check out the communities map on the Boomerang Bags website to see who's nearby, or register your details for more information about how you can implement Boomerang Bags in your local area.

Step 2) Collect materials

Rummage through the linen closets of family members, friends, and friends of friends, or clean out your local op-shop for second-hand materials suitable for making bags!

Step 3) Make bags!

Get together with a new or existing group and make your own Boomerang Bags! You can use our templates, or come up with your own designs.

Step 4) Put them to use!

These bags can be given away to friends, family members, colleagues or even the bag-less stranger in front of you at the supermarket checkout. You can use them to wrap presents or stash them in your car and handbag so that you're never caught without a reusable bag when you need one.

However you choose to distribute your bags, the most important thing is to ensure that they're accompanied by a message—about waste, about sustainability, about community. Make the connection to empower and inspire people to be part of the solutions!

Source: <http://boomerangbags.org/about/>



Home Economics



2017
Professional
development
program

Action!

Futures!

Let's
learn
together

What happened in Term 4

Term 4 of 2017 saw the conclusion of the HEIA(Q) 2017 regional professional development program. The final afternoon workshop was held in Brisbane South and the final full-day program was held in Cairns, coordinated by Sue Smith (Clairvaux MacKillop College, Upper Mount Gravatt) and Kathryn Fletcher (formerly Savina) (St Andrew's Catholic College, Redlynch, Cairns), respectively.

Both Brisbane South and Cairns offered Workshop 1: *The new Senior Food and Nutrition syllabus and introduction to the new Senior Design and Health syllabi*, facilitated by Penny Braithwaite from the Queensland Curriculum and Assessment Authority (QCAA). Cairns completed their full-day program by also offering Workshop 4: *Refashioning*, facilitated by Jane Millburn, creator of Textile Beat. While the Brisbane South workshop was on a weekday afternoon after school, the Cairns program was held on a Saturday.

The following table shows the attendance at each Term 4 workshop.

Region	Workshop	Date and time	Attendance
Brisbane South	The new Senior Food and Nutrition syllabus and introduction to the new Senior Design and Health syllabi	Thursday 5 October 3.45-6.15 pm	27
Cairn	The new Senior Food and Nutrition syllabus and introduction to the new Senior Design and Health syllabi and Refashioning	Saturday 14 October 9.00 am-3.30 pm	23

From our roving reporters

Cairns, 14 October 2017

On Saturday 14 October, teachers from the Cairns region came together at St Andrew's Catholic College in Redlynch for a full day of professional development. We had workshops about the new Senior *Food and Nutrition* syllabus and *Refashioning*.

In the morning session we were led by Penny Braithwaite in learning a range of information about the *Food and Nutrition* syllabus. This workshop answered a lot of questions that teachers in our region have had about the new syllabus for 2019. It gave teachers the assurance that we will have the knowledge and abilities to teach Food and Nutrition as well as ideas on how to implement the teachings required. I think all participants in this workshop are looking forward to Penny's QCAA workshop in Cairns next March.

In the afternoon *Refashioning* workshop Jane Millburn shared her amazing story of upcycling textile items and how Textile Beat came to fruition for her. She was such a passionate advocate for refashioning and had so many ideas to share with everyone. All involved tried some simple refashioning and there were some amazing results, as you can see in the photos included. Jane inspired us to look at clothing and textiles that we don't use any more and to think about what they could become.

A big thank you goes to HEIA(Q) for organising the professional development workshops in the Cairns region. We are very fortunate to have this opportunity in our region each year.

Kathryn Fletcher

St Andrew's Catholic College
Redlynch, Cairns



From our roving reporters cont.

Brisbane South, 5 October 2017

On 5 October 2017, Penny Braithwaite from the Queensland Curriculum and Assessment Authority delivered Workshop 1: *The new Senior Food and Nutrition syllabus and introduction to the new Senior Design and Health syllabi* at Clairvaux MacKillop College at Upper Mount Gravatt. Twenty seven participants signed on for this workshop, all of us eager to know exactly what is in store with the new syllabi.

The afternoon began with a convivial meeting of old friends and new acquaintances during which conversations took place over a cuppa and a few bites. Once we began the workshop, Penny modelled good pedagogical practice by setting the purpose and parameters for the afternoon. We then went outside to the deck and participated in a get-to-know-you activity as an energiser.

We began by looking at syllabus objectives, with Penny pointing out that these carry through to the unit objectives. This was followed by an examination of the problem-based framework and process to be found in each unit of work. The difference between internal and external assessment was discussed briefly before we delved deeper into Topic 1: Introduction to the food system.

There were several opportunities to work with elbow buddies to examine a sample unit plan in more detail and to identify key verbs related to the Marzano and Kendall taxonomy (a move from Bloom's in the previous syllabus). Finally, we took a brief look at ISMGs (instrument-specific marking guides).

We would like to thank Penny for sharing her wisdom, insight and expertise with us. Many of us were sorry we did not have more time to pick her brains. We are all looking forward to more workshops on the new syllabi. .

Sue Smith

Clairvaux MacKillop College
Upper Mount Gravatt



Workshop evaluations

In order to inform the workshops still to be offered and to guide future planning, all HEIA(Q) workshops are evaluated by participants. As can be seen below, the responses to the 2017 Term 4 workshops indicated that they were very well received. Congratulations to presenters Penny Braithwaite, Paula Starr, Kay York and Jane Milburn, and thank you to the regional coordinators and, of course, to the participants, who made the workshops so successful.

Term 3 workshop evaluations received to date

Workshop	Region	Ratings: 1= Very poor ... 5= Very good					Average
		1	2	3	4	5	
Workshop 1: The new Senior Food and Nutrition syllabus and introduction to the new Senior Design and Health syllabi	Brisbane South		1	5	8	4	3.8
	Cairns			1	10	6	4.3
Workshop 4: Refashioning	Townsville		1		4	10	4.5

Following are some of the comments made about the Term 4 workshops:

Workshop 1:

The new Senior Food and Nutrition syllabus and introduction to the new Senior Design and Health syllabi (Penny Braithwaite)

- A great workshop that answered a variety of questions about the new syllabus.
- Very informative.
- Good to have the syllabus explained.
- Excellent presentation and resources engaging—copy of slides would have been good.
- Good to network and hear from Penny.
- The initial activity at the beginning wasted a lot of time that could have been better spent on the syllabus.
- Great.
- Made you think in a different way about assessment, good to see the teaching and learning plan, good intro to the syllabus

Workshop 4:

Refashioning (Jane Milburn)

- Interesting and engaging presenter. Great ideas.
- Loved it—learnt so many ideas to change my clothes.
- Theoretically and practically very inspiring.
- Excellent resources and practised examples. You are living what you believe.
- Excellent—lots of ideas to take back to school.
- Interesting, creative.
- This was an awesome workshop.
- Loved the fresh ideas and sustainability focus—had no idea what to expect and am so pleased with the workshop.
- Loved all about it.
- Wish we had more time to 'play' more with our ideas.

2017 HEIAQ Prac Day Out

Investigating the chemical properties of food

Home economics and hospitality teachers from Brisbane and surrounding regions gathered at St Thomas More College, Sunnybank for a day of hands-on learning with chefs Reg Morgan and Damian Tiedeman. Participants selected recipes to prepare, which became their morning tea and lunch.

We looked at lower-fat and lower-sugar baked products and using alternatives such as coconut syrup and almond butter to create items such as carrot and almond butter slice, and apple wheatgerm muffins. We also sampled kefir, which is said to contain more probiotics than Yakult fermented-milk drink! As an alternative to egg white for meringues, we made an aquafaba (chickpea water) foam flavoured with saffron and other spices, and served it with crudité.

After morning tea, teams of participants created soft bread rolls and beef tataki, grilling beef and participating in simple pickling techniques. We learned how to confit salmon in minimal oil, a healthy method that maintains nutrient content. We poached chicken to tender perfection and sampled delicious 'poke bowls' of soba noodles, edamame and sous vide eggs. Along the way we learnt some clever tricks to share back at school.

We created desserts to finish the day—an avocado mousse and a clever chocolate mousse based on Nutella.

Special thanks go to Tessa Lund and Belinda Ingram and, of course, to chefs Reg and Damian, for creating an excellent day out!

Jennifer Bray

St Paul's Anglican School
Bald Hills

Recipes from the 2017 Prac Day Out

Carrot and almond butter slice

Concept investigated:

Investigating the nutritional value, skin left on the carrots (more fibre) and carrots not cooked for nutritional retention.

Ingredients

¾ cup wholemeal flour
1.5 teaspoons baking powder
½ cup grated carrot
2 eggs
½ cup unsalted butter
¼ cup coconut syrup
¼ cup orange juice
1 tablespoon milk
2 tablespoons almond butter

Method

- 1 Sieve flour and baking powder together into a bowl.
- 2 With mixer on, gradually add all other ingredients.
- 3 Beat until smooth. Place into a greased lamington tray.
- 4 Bake at 180 °C for 15 minutes. Test with a skewer and remove when done.

Raspberry and white chocolate muffins

Concept investigated:

Comparing the effect of sugars with high fibre muffins. The raspberry muffins had a high sugar content with the fruit, chocolate and castor sugar creating a sugar spike. The high-fibre apple wheatgerm muffins released sugar more slowly.

Ingredients

2 cups plain flour
2 teaspoons baking powder
¾ cup caster sugar
1 cup sour cream
2 eggs
1 teaspoon lemon rind
1/3 cup (80 mL) vegetable oil
1.25 cups (225 g) frozen raspberries
1 cup (175 g) chopped white chocolate

Method

- 1 Sift flour, and baking powder together into a bowl, stir in castor sugar.
- 2 Combine sour cream, eggs, lemon rind and oil; whisk together.
- 3 Fold in dry ingredients until just combined.
- 4 Gently fold in chocolate and raspberries. Spoon into a greased muffin tray.
- 5 Bake at 180 °C for 12-15 minutes or until golden (or test with a skewer).



Reg's famous bread rolls

Concept investigated:

Demonstration of fermentation and leavening.

Ingredients

240mL warm milk
60 g white sugar
7 g yeast
300 g baker's flour
100 g self-raising flour
1 teaspoon salt
20 g milk powder
80 g butter at room temperature
Pumpkin, sesame and/or poppy seeds to taste

Method

- 1 Combine 50 mL of warm milk with the sugar and yeast into a small bowl; mix together then allow to froth.
- 2 Sift the flours, salt and milk powder together into a bowl.
- 3 Add the dry ingredients to the mixer bowl; add the yeast mixture and remaining warm milk.
- 4 Mix and knead for 15 minutes.
- 5 Cover with a damp cloth and prove in a warm area for 1 hour.
- 6 Punch the dough down and arrange into 50 g portions for small buns.
- 7 Rest with a damp Chux cloth over the top for 25 minutes then brush with milk and sprinkle with seeds.
- 8 Bake at 180 °C for 12-15 minutes in a non-fan forced oven or until golden brown.



Avocado chocolate mousse

Concept investigated:

Comparing the fat content and sweetness to the palate of two mousses (this one and Chocolate mousse). The avocado mousse had monosaturated fats and was less sweet. The other mousse had saturated fats. These can change the way they feel in the mouth and how we perceive food.

Ingredients

6 (780 g) ripe avocados
120 g cocoa powder
 $\frac{3}{4}$ cup (180 mL) milk
1 teaspoon pure vanilla extract
2-6 tablespoons coconut syrup, depending on sweetness required

Method:

- 1 Combine all ingredients into a blender and mix until completely smooth. Use less milk for a thicker mousse and more for a thinner/creamier result.
- 2 Garnish with chilli threads and pomegranate seeds.



HEIA(Q) 2017 Food Science Days for home economics teachers

In October 2017, Penny Braithwaite from the Queensland Curriculum and Assessment Authority (QCAA) had discussions with lecturers from The University of Queensland (UQ) about offering a day of food science workshops as part of the program being run at UQ for science teachers in November. When Penny then handed the matter over to HEIA(Q), the Committee of Management enthusiastically embraced the idea. Negotiations took place and a day of two hands-on workshops was planned for Thursday 23 November. Members were made aware of the workshops and invited to register via TryBooking. The notice went out on Saturday 21 October and by Wednesday 25 October the workshop day was fully booked with 70 delegates. After further negotiations, a second day was offered on Friday 24 November, which also filled. Closer to the date, some vacancies became available as people notified their inability to attend, but these places were filled by people on the waiting list. All registered delegates attended on Thursday 23 November and 68 of the 70 who had registered attended on Friday 24 November.

About the workshops

The workshops were designed to assist with implementation of the upcoming Senior *Food & Nutrition* syllabus. The workshops were developed by UQ staff in consultation with QCAA Principal Education Officer Penny Braithwaite—who is responsible for the development of the new *Food & Nutrition* syllabus—and facilitated by UQ lecturers and food experts Dr Nidhi Bansal and Professor Melissa Fitzgerald.



Workshop 1—Demonstrating food product development stages: Guided satay-sauce formulation

Facilitator	Dr Nidhi Bansal, The University of Queensland
Duration	2.5 hours
About the workshop	The workshop was designed to develop understanding of various stages of food-product development from idea generation to lab-scale prototype manufacture. Delegates explored the fundamental stages of developing a new food product while applying these techniques to develop a satay sauce through guided formulation. The session was planned to include formulation of a product using selected ingredients, laboratory equipment and testing equipment; and sensory analysis and cost formulation on the product.
About the facilitator	Dr Nidhi Bansal is a senior lecturer in Food Science and Technology at UQ. Dr Bansal received her PhD degree in Food and Nutritional Sciences in 2007 from University College Cork, Ireland. After finishing her PhD, she worked as a postdoctoral fellow at the Dairy Products Technology Centre, California Polytechnic State University. In 2010 Nidhi joined UQ, where she teaches courses such as principles of food preservation, food science and food-product development. She leads a research group in the areas of texture and flavour modification, non-thermal processing and shelf-life extension of dairy products.

Workshop 2—The interactions between different components in food quality

Facilitator	Professor Melissa Fitzgerald, The University of Queensland
Duration	2.5 hours
About the workshop	Participants conducted experiments to explore the interactions between different components in food quality. They first explored the effect of different leavening agents on factors of bread quality, and the second explored how different forces and emulsifiers lead to stability of an emulsion.
About the facilitator	Professor Melissa Fitzgerald is Chair in Food Science and Technology at UQ's School of Agriculture and Food Sciences. Professor Fitzgerald researches food quality and nutritional value, and works at the interface of the university and the food industry to transfer knowledge to the industry and to ensure that UQ graduates are industry ready with skills for the knowledge economy. She graduated with a Bachelor of Science (Honours) with a major in plant biochemistry from the University of Sydney and led the Grain Quality and Nutrition Centre at the International Rice Research Institute in the Philippines for seven years.

Timetable

Delegates were divided into two groups. One group undertook Workshop 1 in the morning and Workshop 2 in the afternoon; the other group undertook Workshop 2 in the morning and Workshop 1 in the afternoon. At the conclusion of each day there was an opportunity to network not only with other home economics colleagues but also with delegates attending other Science Day workshops.

Money matters

The University of Queensland (UQ) generously supported the two days of workshops. In addition to a cash grant to HEIA(Q), UQ provided funding for the lecturers' and tutors' fees, supplied lab coats (that the delegates were able to keep) and paid for consumables. HEIA(Q) thanks UQ for sponsoring the conference and for making it very affordable for HEIA(Q) members. Registration fees, which included all refreshments as well as laboratory coats where requested, were as follows:

- HEIA members \$75
- HEIA members who travelled more than 300 km each way and those who had to travel by air No charge
- HEIA student members \$60
- Non-HEIA members \$150

In addition, the thirteen members who had to fly to the event were each given a \$75 subsidy for their air fares.

Who attended?

For the Thursday workshops there were:

- 65 HEIA members, 10 of whom were regional members who qualified for free registration
- 2 student members
- 3 non-members.

For the Friday workshops, 68 of the 70 who registered attended. Of these there were:

- 49 HEIA members, 10 of whom were regional members who qualified for free registration
- 19 non-members.

Evaluation

An evaluation survey was developed using SurveyMonkey. The closing date for the survey was 8 December 2017. As at the close of the survey, 61 of the 70 Thursday attendees had responded (an 87% response rate) and 55 of the 68 Friday attendees had responded (an 82% response rate). Those responses are yet to be analysed.

HEIA(Q) thanks all who attended for their attention to the evaluation at such a busy time of the year. The responses will, no doubt, provide plenty of data to guide future professional development related to the upcoming *Food & Nutrition* syllabus.

Comment

I believe this event to have been most worthwhile in providing our members (and the non-members who attended) with a totally different form of professional development from what HEIA(Q) normally offers. It was also a good opportunity to develop links with UQ and for members to experience UQ's facilities. I also think it was good to provide an event that provided HEIA(Q) members with priority notification and favourable registration fees, especially for our regional members.

Janet Reynolds

HEIA(Q) Committee of Management



HEIA(Q) 2017 Food Science Days for home economics teachers

Reports from members who attended

HEIA(Q) Food Science Day—Thursday 23 November: Workshop 1 by Dr Nidhi Bansal

Thursday's Food Science Day at the University of Queensland (UQ) was both informative and inspirational. Like myself, most HEIA members look forward to the professional development opportunities provided by HEIA(Q) and are always awaiting new instructive engagement. This viewpoint was verified by the fully booked attendance of this Food Science Day, as well as the need for a repeat of the day to accommodate all who wished to attend. UQ's St Lucia campus did not disappoint. Suitably outfitted in our authentic laboratory coats, which were gifts to participants, we were all consistently engaged in our workshops of scientific enquiry, experimental technique and reflective investigative dialogue with our networking colleagues. I spoke with many who said that they relished this innovative professional development opportunity.

My report for Workshop 1 with Dr Nidhi Bansal reflects on her engaging demonstration of food-product development and the fundamental stages that apply. Through a guided satay-sauce formulation, we enjoyed researching ingredients, applying technical processing methods, then testing and tasting the product for pilot trials and potential texture and flavour modifications. This workshop was well explained with directed instruction and supported assistance to answer our many probing enquiries. We used technical laboratory equipment, processing techniques and sensory resources with which to evaluate our very own satay-sauce prototype. The workshop allowed us to develop our understanding of the various stages of food-product development and demonstrated to us the many links for direct application within a high school setting. It also outlined avenues beyond school in tertiary-level food science and technology studies to share with senior students.

Workshop 1 provided helpful information about the structure of the design process, including research ideation, design briefing, and posing important business questions about the feasibility and launch of a new product. We took away messages for our own activities and enquiries, as well as considerations for how this information applies in our classrooms.

Many thanks must go to the wonderful staff of UQ at St Lucia, and let us not forget the hardworking caterers who supplied a tasty, elegantly presented and plentiful spread to sustain us between each session. From speaking with others, I know that another big thank you needs to go to HEIA. We are also appreciative of the support our association has given us with benefits such as free registration, air-fare supplementation and, of course, the opportunity to attend these highly motivating and worthwhile learning experiences.

Renee Adams

HEIA(Q) Wide Bay Regional Coordinator

HEIA(Q) Food Science Day—Thursday 23 November: Workshop 2 by Professor Melissa Fitzgerald

HEIA(Q), in partnership with The University of Queensland (UQ), offered a wonderful professional development opportunity for all the home economics teachers who were able to attend. Regional members in particular appreciated the opportunity, as their registration fees were waived and a \$75 subsidy was provided to assist each member who needed to fly in for the workshops.

The delegates were divided into two groups for their hands-on experiences in UQ's food-science laboratories. Professor Melissa Fitzgerald, Chair in Food Science and Technology in the university's School of Agriculture and Food Sciences took Group B on a journey to learn all one kneads to know about bread!

We replaced our cooking aprons with lab coats and off we went. We experimented with the effect of flour and raising agents on bread characteristics. By adding different raising agents to different types of flour (gluten-free, rice, high-protein and low-protein flour) we procedurally analysed the bubble in the crumb, the protein and the pup-loaf properties. Each small group had a different base flour but the same raising agents. All groups created the same loaves with a control formula to identify the differences. After the raising time and baking was complete we analysed the finished products. This included recording the weight, area, height, volume and density of each of the different loaves of bread.

This session was an interesting hands-on way to identify how gluten assists in raising. All the groups analysed the mean and standard deviations while seeing first hand the different breads created using different base flours and raising agents. Melissa made this practical task interesting and connected it to how we could use these tools in the classroom. Within the groups we discussed how this could be implemented with other baked products such as cakes and biscuits.

I think we all look at bread a little differently after this session! Many thanks to Professor Melissa Fitzgerald for welcoming us into the laboratory and to UQ for making us feel welcome. This was a wonderful opportunity for home economics teachers to get together and learn new skills all while networking.

Stacey Rogers

Rockhampton Girls Grammar School



**HEIA(Q) Food Science Day—Friday 24 November:
Workshop 1 by Dr Nidhi Bansal**

Stepping back into the science laboratory triggered memories for many of us on Friday 24 November when we participated in the Food Science Day professional development at The University of Queensland (UQ). In a very hands-on, activity-based session we learnt how to formulate a product using selected ingredients and then used industry-standard equipment to analyse and test our creations.

Dr Nidhi Bansal ran us through the protocols for product development as we experimented with satay sauce recipes. Of interest were the different types of equipment in the lab used to measure pH levels and water content. While the typical home economics kitchen has suitable substitutes for many items to conduct experiments, instruments such as a pH tester might be worthwhile purchases as accurate measurements of acidity are crucial for determining the growth conditions of spoilage organisms. The UQ laboratory had a Pawkit water-activity meter for checking water content. However, Dr Bansal suggested that the same result could be achieved by weighing an item, then putting it in an oven at 105 °C for 12 hours and weighing it again at the end of that time.

Both sessions on the day were very informative and helpful as we look to redesign our teaching practice to meet the new Senior Food & Nutrition curriculum units.

Sharyn Laidlaw

Agnew School (Brisbane Campus)



**HEIA(Q) Food Science Day—Friday 24 November:
Workshop 2 by Professor Melissa Fitzgerald**

Professor Melissa Fitzgerald led us in a spirited exploration of the interactions of components on food quality. In separate groups we investigated the effect of leavening agents on different flours, from high-protein bread flour to the gluten-free options, which included rice flour. Leavening agents are used to increase the volume and to influence the texture of many types of baked goods. Each group was provided with four types of leavening agents (bi-carbonate soda, yeast, baking powder, and a mix of bi-carb and cream of tartar) and set to work meticulously measuring ingredients and collecting data on the raw product. Using the dough, three 'pup' loaves were created to be proved and baked while the group had morning tea. Pup loaves are used in industry to test factors like volume, crumb texture and crust. We used ours to illustrate how bread's volume is influenced by the different leavening agents, by measuring the height, radius and weight of each. Once the loaves were cooked and cooled, further data were collected to support comparisons between both leavening agents and types of flour. It was interesting to see the impact that the different variables had on the quality of the product, in particular, on the volume and quality of the crumb.

This experiment related to the carbohydrate unit in the new Food & Nutrition syllabus to be implemented in 2019. We were able to experience first hand the expectations and outcomes of the new syllabus, and to work together to develop strategies that would make this possible in a school setting.

As a HEIA(Q) member it was a privilege to take part in such an inspiring day. I look forward to other opportunities like this one to improve and to continue to develop my own food science knowledge and skills. A big thank you goes to UQ for providing us with the expertise of their staff as well as the catering throughout the day. As a rural member of HEIA(Q) I must also thank UQ for providing free registration for delegates from 300 km or more away from Brisbane; I am sure this enabled many more of us to take part than would otherwise have been able to.

Meghann Wear

Goondiwindi State High School



When East meets West at

Asian inspiration in modern textiles

Sashiko, textile culture, batik, vibrant colours, shibori, earthy tones, boro and repeated patterns were just some of the aspects of Asian textile culture that Year 9 Creative Textile students explored during their unit 'When East Meets West' at Grace Lutheran College.

Taking inspiration from their research into Asian textile culture, students transformed their white fabric into Asian-inspired sleep pants. Apart from their own independent research into the cultures of Asia including Japan, Indonesia, China, Thailand and India, to name a few, students participated in workshops by Indigo Niche Sashiko Designs as well as workshops using fabric-colouring techniques with Liquid Radiance products.

Students were given the following design challenge:

Exploring Asian textile techniques and features, and using recently learned knowledge of the elements and principles of design, students are to design a pair of sleep pants that reflect Asian inspiration. The sleep pants are to reflect Asian textile technique inspirations as well as aspects of Asian-style colours, textures and patterns.

The students had seven weeks in which to complete the task, including documenting all their decisions, reflections and management requirements to complete the practical component. To create their garments they were required to use patterns and instructions, basic cotton fabric and consumables supplied by the school.

The students began by completing primary research on the Asian cultures in which they were interested. From this research, they each created a mood board of images that reflected the colours, techniques and patterns that inspired them. They then workshopped their inspirations and ideas into designs to be used on their sleep pants, either in the main part of the garment or as pockets, waistbands or cuffs. Next the students completed a fully annotated fashion drawing of how they would like their final design idea to look. They had been advised that their fashion drawings should reflect the elements and principles of design and indicate the techniques to be used. The students then busily went about designing and creating their Asian-inspired fabric and incorporating it into the construction of their sleep pants.

The students reflected on and evaluated their learnings and skills throughout the process and drew some very insightful conclusions.

Catherine Stickland

Head of Lifestyle Technology
Grace Lutheran College
Rothwell



Grace Lutheran College

Curriculum links

Australian Curriculum: Design & Technologies, Band 9/10

Knowledge and Understanding

Critically analyse factors, including social, ethical and sustainability considerations, that impact on designed solutions for global preferred futures and the complex design and production processes involved (ACTDEKO40).

Explain how products, services and environments evolve with consideration of preferred futures and the impact of emerging technologies on design decisions (ACTDEKO41).

Investigate and make judgments on how the characteristics and properties of materials, components, tools and equipment can be combined to create designed solutions (ACTDEKO46).

Investigate and make judgments, within a range of technologies specialisations, on how technologies can be combined to create designed solutions (ACTDEKO47).

Processes and Production Skills

Critique needs or opportunities to develop design briefs and investigate and select an increasingly sophisticated range of materials, systems, components, tools and equipment to develop design ideas (ACTDEPO48).

Develop, modify and communicate design ideas by applying design thinking, creativity, innovation and enterprise skills of increasing sophistication (ACTDEPO49).

Work flexibly to effectively and safely test, select, justify and use appropriate technologies and processes to make designed solutions (ACTDEPO50).

Evaluate design ideas, processes and solutions against comprehensive criteria for success, recognising the need for sustainability (ACTDEPO51).

Develop project plans using digital technologies to plan and manage projects individually and collaboratively, taking into consideration time, cost, risk and production processes (ACTDEPO52).

General capabilities and cross-curriculum priorities

-  Literacy
-  Numeracy
-  ICT capability
-  Critical and creative thinking
-  Ethical understanding
-  Personal and social capability
-  Intercultural understanding

 **Asia and Australia's engagement with Asia.**



HEIA/McCormick Flavour Forecast Recipe Challenge

Winners of the 2017 Challenge

Now in its fifth year, the McCormick/HEIA Flavour Forecast Recipe Challenge continues to gain momentum amongst Australian home economics school departments, students and teachers. The challenge is viewed as a credible, rewarding and creative element of the Australian school curriculum.

Each year the Flavour Forecast Challenge continues to receive positive feedback from teachers. Teachers find the challenge such a worthwhile, relevant competition that is unique in its delivery and outcomes. They relish the ever-changing themes and trends, and the challenge has certainly raised the awareness and profile of McCormick Flavour Forecast.

The design brief

Three original recipes were required, one recipe each for three of the four 2017 McCormick flavour forecast trends, as outlined below.

Rise & shine to global tastes

Students were to develop a one-bowl breakfast that reflects a breakfast cuisine from an African country, a Far Eastern country or a Middle Eastern country. The breakfast should include:

- an ancient grain
- a plant-based milk
- a skhug sauce.

The breakfast bowl must be nutritious and sustain until the next meal.

Sweet on pepper

Students were to develop a dessert that included:

- two types of pepper:
 - one of the peppers must be used in a pepper-based syrup made from one of the following: brown rice, sorghum, barley, malt, yacon or coconut.
 - the other pepper should be used in a separate component of the dish.
- at least one tropical fruit chosen from the following: banana, dates, dragon fruit, durian, guava, jackfruit, lychee, mango, papaya, passionfruit, or pineapple.

Egg yolks: The sunny side of flavour

Students were to develop a lunch or dinner dish whereby the egg yolk was the hero of the dish and the yolk must remain whole and intact. Students are to create their own spice blend to enhance the dish. The egg white must be incorporated separately into the dish.

Modern Med

Students were to choose a classic Western European dish from Austria, France, Germany, Italy, Sweden or the UK. Without losing the classic features of the Western European dish, and they were to create their own unique Baharat seasoning and introduce it into one or more elements of the dish. One of the elements must be a pasta, bread, pastry or spätzle made from scratch.

The winning entries



Modern Med Mushroom Tortellini in Lemon Sauce, served with Peas and Parmesan Chips



Egg Yolks Poached Egg Yolks on Spiced Rump Steak with Pickled Cucumber Salad on Egg White Nest



Rise and Shine Pap and Akara with Skhug Yoghurt Sauce.

National

The national winning entry this year is St Clare's College in Canberra, Australian Capital Territory. The winning team designed and produced:

- **Modern Med:**
Mushroom tortellini in lemon sauce, served with peas and parmesan chips
- **Egg yolks:**
Poached egg yolks on spiced rump steak with pickled cucumber salad in egg white nest
- **Rise & shine:**
Pap and Akara with Skhug yoghurt sauce



The National Winning team at St Clare's College ACT



L to R Parmilla Naidu, HEIA ACT, Michelle Zammit, McCormick Foods Australia, Winning team, Marj Collins, Home Economics Teacher, St Clare's College



Michelle Zammit presenting awards



2017 State Winners

State and territory winners

- Australian Capital Territory/New South Wales: St Clare's College (ACT)
- Queensland: Moreton Bay College, Brisbane
- Victoria/Tasmania: The Friends' School (Tas)
- Western Australia: Great Southern Grammar
- South Australia/Northern Territory: Ororoo Area School (South Australia)

The National winner team had its presentation on Friday 8 December 2017, when Michelle Zammit from the McCormick Australian Test Kitchen presented and spoke at this event, alongside Parmilla Naidu from HEIA ACT.

All state and territory winning teams have also been presented with their awards and prizes. This has involved special assemblies where parents, friends and media have been invited. These presentations have created great opportunities to showcase the fabulous creative work in school-based home economics kitchens, as well as showing how Home Economics makes industry links with McCormick, the leaders in flavour.

Quotes from participants

"This challenge was a great opportunity for students to explore many aspects of contemporary cuisine. It tested the students' creative and critical thinking and definitely was on par with what is happening in the real life food industry. Also it was not a one-off recipe, a sudden inspiration. The students had to maintain their creativity and their ability to produce, reflect and justify their recipes, which then had to be presented in a portfolio. Thank you to the competition organisers for inspiring teachers and students. We will definitely "have a go" again."

Marj Collins

Home economics teacher
St Clare's College, Canberra

"I think the best part of the challenge was putting our amateur taste buds together and praying the flavours worked together to form a mouth-watering dish we had in mind. Of course not all our combinations worked from the beginning. So trial and error played a big part along with intuition. I'd like to thank this challenge for the opportunity to see and cherish my family's shocked expressions towards the dinners I cooked lately."

Aileen S, Student

"My favourite part of the challenge was making the tortellini. It was really fun to make and I learnt many new skills from making it. Overall the challenge was great fun and it was a great new experience. If anyone is thinking of doing the challenge I would recommend it as it has been an amazing experience."

Elly B, Student

Additional activity in 2017

In 2017, the challenge was supported by additional activity to assist teachers taking part in the challenge.

1. A series of webinars for home economic teachers.

Three webinars were offered through the year at varying stages of the challenge. Facilitated by a member of HEIA, the links to Australia's school curriculum were highlighted through the two introductory webinars. The final webinar of the year gauged feedback on the challenge; a series of questions and polls determined areas that worked well and areas where help was needed.

2. Sponsorship of the HEIA national and HEIA(Q) conferences

The 2017 Challenge was launched at the HEIA national conference in Melbourne in January 2017, which was sponsored by McCormick. With the aim to educate and inspire the home economic and food technology teachers from across Australia, the McCormick test kitchen developed a tasting plate for conference delegates to try. These 'tastes' of the Flavour Forecast 2017 brought the themes and trends to life, and created a strong basis for the teachers to go back into their classrooms and discuss the themes and ingredients. McCormick also sponsored the 2017 HEIA(Q) conference with over 350 current and future teachers in attendance. Here is a link to the HEIA(Q) conference <https://vimeo.com/229500302>



Some of the school prizes

3. Teacher workshop

An interactive workshop was run with Victorian teachers at the McCormick Test Kitchen. The workshop included an overview of the Flavour Forecast, a breakdown of the challenge criteria. A young chef from the Appetite for Excellence program brought the trends to life in a tasting, plus showed various techniques that could be used within the classroom. This workshop was extremely well received and many teachers in other states have asked if we can cost them in for 2018. The following is a link to a video summary of the workshop: <https://vimeo.com/229504990>

4. Additional Resource

In 2017 an additional resource was developed for teachers. With a spotlight on Baharat seasoning, a spice chart was created to identify the key components of a classic Baharat seasoning. This supported students to experiment with the blend, while also learning about the flavour profiles of each component.

Moving forward

Once again the HEIA/McCormick Flavour Forecast Recipe Challenge was very successful throughout Australia. With increased participants across Australia and a 50% increase rate of participants from Victorian, the Challenge continues to grow from strength to strength. There is no other challenge like it in Australia, or even perhaps the world!

HEIA/McCormick Flavour Forecast Recipe Challenge Congratulations to Moreton Bay College



The winning team and HEIA(Q) President, Kirsten McCahon (L).

Congratulations to Moreton Bay College for its winning entry in the Queensland Division of the HEIA/McCormick 2017 Flavour Forecast Recipe Challenge. The winning entry comprised:

- Rise & Shine: Raspberry quinoa cooked in coconut milk, with spiced caramelised apple, skhug sauce and shredded coconut, pear and raspberries
- Sweet on pepper: Caramelised pineapple and peppered meringue
- Egg Yolks: Sweet Potato Quiche with Egg Yolk

The winning team was awarded their certificates and prizes by HEIA(Q) President Kirsten McCahon.



Moreton Bay Rise & Shine Breakfast Bowl



Moreton Bay Egg Yolks



Moreton Bay Sweet On Pepper

A culinary journey continues...

Last year, a formidable culinary duo was formed. Gemma Harris and Ellise McCully from Trinity Lutheran College on the Gold Coast embarked on a journey of personal sacrifice and excellence as they competed against other dedicated students in local and international secondary-school culinary competitions. The pair achieved outstanding results—a gold medal and first place in the Queensland Secondary Schools Culinary Competition and a silver medal in the International Secondary Schools Culinary Competition.

In April this year, Gemma and Ellise returned to the competition kitchens, taking part again in the fiercely contested Queensland State Culinary Competition at Southbank TAFE. The girls won another gold medal, retaining their title as State Culinary Champions and securing an invitation to compete at the International Secondary Schools Culinary Championships in Taiwan during the September school holidays. The girls performed exceptionally well in Taiwan, not only being awarded a gold medal for their dish but also achieving third place overall in the competition—a tremendous achievement. They made competition history as the first non-culinary-specific secondary students to place at this international level—a result that is truly commendable!

The objective of secondary-school culinary competitions is for teams of two students to 'prepare, cook and display four servings of one main dish within one hour, from start to finish'. The dish may be modern, classic or original in design and the ingredients used to prepare it must be selected from a supplied product list. In order to receive a gold medal, the team must maintain a score of 90 or more out of a possible 100 points. Each team in the competition starts with a perfect score (100 points). As the team of judges scrutinises the competitors, they deduct points for even the slightest imperfections across technical categories. Each team aims to hold on to as many of its points as possible. The criteria on which they are scored include categories such as culinary skills, dish design, taste and presentation, as well as the team's ability to produce the dish within a set budget.

The results the girls have achieved over the past two years have reflected their hard work and dedication. Even though they are graduating from Trinity Lutheran College this year and, therefore, competing in Taiwan marked the end of their culinary competition journey, the personal growth they have made, the skills they have gained and the perseverance they have developed as a result of these competitions will be a constant reminder to them that dreams work when you do. Congratulations once again, Gemma and Ellise!

Joelle McCully

Trinity Lutheran College
Gold Coast



1st, 2nd and 3rd place getters



A formidable duo



Both in action



Trimming the pork



Both plating



Final product



Gold and 3rd place

Launch of Jane Milburn's book *Slow Clothing*

Many home economics professionals across Australia, and particularly in Queensland, have engaged with Jane Milburn and her philosophy of 'slow clothing' over a number of years now. I have been one of those people. Hence, it was with great delight and pride that I attended the Brisbane launch of her book *Slow Clothing* on Saturday 9 December 2017 at Dadirri House in Toowong. Next year's co-host of ABC Radio Brisbane, and currently ABC TV's Weekends host Rebecca Levingston, launched Jane's book. This followed the Sydney launch on Tuesday 5 December by Craig Reucassel of ABC TV's *War on Waste*.

The launch was happy, warm and heartfelt with cheerful banter between the speakers and the attendees, many of whom were modelling their own takes on slow clothing, slow bags and even slow earrings. Master of Ceremonies Pete Lewis (formerly of ABC TV's *Landline* and now *Pete's Way with Words*) made sure the launch was lighthearted, fun but meaningful. Chairman of Brisbane City Council's Field Services Committee, Councillor Peter Matic added more meaning by talking about textile-waste issues and the council's *Revive* program, which was inspired by Jane's address to a Brisbane City Council meeting about the need for a more sustainable clothing culture. In 2016 the council responded by initiating *Revive*, an annual pop-up second-hand fashion festival as a textile waste minimisation strategy—believed to be the first in the world.

As Jane explained, slow clothing is following the lead of slow food as a way of responding to waste, pollution, and exploitation issues in the way we dress. Jane, the founder of *Textile Beat*, has spent five years studying the need to transform a culture of excess to a more thoughtful and engaged approach. She believes slow clothing is the antidote to fast fashion.

In her new book, *Slow Clothing: Finding meaning in what we wear*, Jane presents a compelling case for us to change the way we dress so that we can live lightly on earth. 'With slow clothing, we reflect our own style and spirit, independent of fashion cycles. We buy carefully, gain skills, and care for what we wear as an embodiment of ourselves. Through this action we, the wearers, become original, authentic and resourceful,' Jane said in a media release related to her book.

Jane continued, 'Australians annually consume double the global average of new apparel fibre and are the world's second-largest consumers after north Americans. In 2015, we consumed 27 kg each compared to the average 13 kg, according to data presented in my book, compiled from world fibre reports and the Food and Agriculture Organization World Apparel Fiber Consumption Survey 2013. Two-thirds of new clothing is now made from synthetic (i.e., plastic) fibres, derived from petroleum, which research has shown to be shedding microplastic particles into the ecosystem.'

Rethinking clothing culture is also essential to turning the tide against the exploitation of garment workers caught within global supply-chain empires that foster fast-consumption attitudes. 'We eat and dress every day to survive and thrive, and in the same way we have become conscious of food and its impact on health and wellbeing, we are becoming conscious of the substance and origins of what we wear,' Jane said. 'Slow clothing is based on individuals gaining autonomy and agency through ten conscious beliefs and actions—be thoughtful, treasure natural, buy quality, support local, have few, care, make, revive, adapt and salvage. It is part of the revaluation of material things through minimalism, mending and tinkering. When we can mend and make our own mark on things, we are liberated from conspicuous consumption and an endless search for meaning through buying more stuff.'

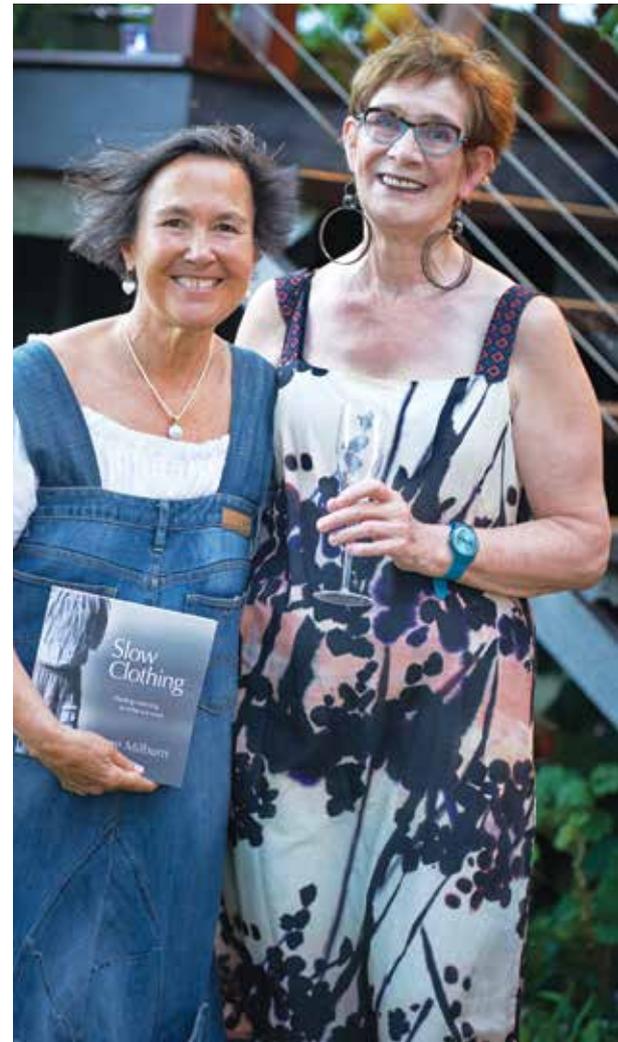
To obtain a copy of Jane's book, go to her website <https://textilebeat.com/product/slow-clothing-book-jane-milburn/> where you can purchase it for \$28 plus \$11 postage.

Jane has also written an article on slow clothing for the *HEIA* journal, which will be published in December 2017.

Congratulations, Jane, and thank you for your inspiration.

Janet Reynolds

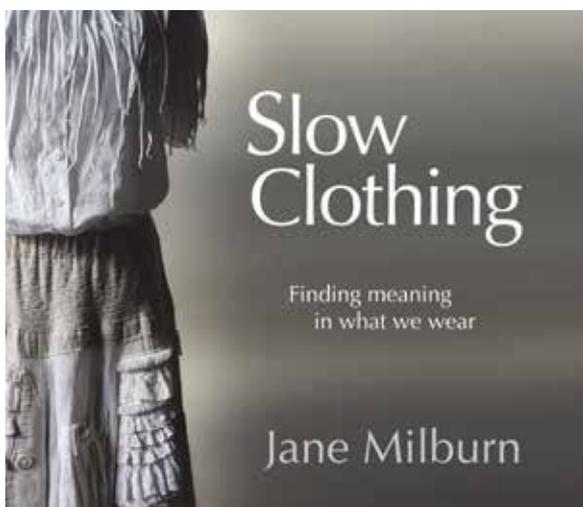
HEIA(Q) Committee of Management



Jane Milburn and Janet Reynolds



Craig Reucassel and Jane Milburn at Sydney's Slow Clothing launch



Reflections

I was invited to submit a piece for the Slow Clothing chapter 'Reflections'. The following is what I submitted.

The Home Economics Institute of Australia (HEIA) connected with Jane Milburn in August 2014 when she spoke at a function for HEIA(Q) graduands, and since then Jane has taken our members on exciting journeys of looking at sustainable textiles in a different light. Jane was a keynote speaker at the HEIA 2017 national conference in Melbourne but earlier had presented at many of our events—her workshop at the HEIA Queensland conference in 2015 received rave reviews, resulting in Jane presenting again at the 2016 conference; running eight regional workshops across Queensland in 2016 and a further two in 2017; presenting a keynote address and workshop at the HEIA Tasmania conference in 2016; and writing professional journal articles in 2015 and 2016.

Jane's textile message has been consistent, but each time she added twists and turns to make us think and act more deeply, more critically and more creatively. Across our three years of journeys with Jane, members of HEIA have had the opportunity to explore The upcycled way, Refashioning, A time for Slow Clothing, Valuing old skills in a new world, and A change of clothes. The exploration has been one of great learning, of having lots of fun and of being totally inspired. The following comments from delegates at workshops and conferences sum up the journeys:

- Fantastic.
- Great practical experience, awesome ideas and creations.
- Excellent. Inspirational. Wonderful engaging presenter.
- Great PD. So much knowledge given from Jane.
- Informative, innovative and provocative
- Inspirational—love the whole sustainability idea.
- Hands-on skills. Participants had projects to work on.
- So many different ideas and techniques shown.
- Celebrating creativity.
- This was good fun that was had during serious discussions about this issue.
- Jane's passion and expertise were an inspiration.
- I will never look at a T-shirt or denims in the same way, knowing that I can create a new article. Even old sheets!
- How inspiring is that woman!!
- This was phenomenal, so inspiring.
- An excellent presentation that highlighted the need to think of clothing as more than just fashion.

Thank you, Jane, for being an excellent and inspirational tour guide on our journeys. We haven't reached our destination yet but we have travelled to places we have never been before. These places have touched our hearts, our minds, and our creative and ethical spirits. We are inspired to not only contribute to planetary health through our fashion and textile practices, but also to take the young people in our classrooms on a similar journey whilst also having fun and being creative.

Dr Janet Reynolds

HEIA(Q) PD and Conference Convenor

Wool4School 2018 registrations are now open

Registrations are now open for Wool4School 2018 with amazing opportunities and prize money for both teachers and students to win.

All teachers who register their classes will receive a free resource pack for the classroom filled with fabric and yarn samples, technical information about wool and other resources to help their students. Teachers also have the chance to go in the running to win \$1000, a Bernina sewing machine and a workshop for their students with a professional wool expert.

Lesson plans aligned to the national curriculum are also available online to help implement Wool4School in the classroom.

In 2018 students are invited to design an innovative, creative and multi-functional outfit, containing a minimum of 80% merino wool. Students are advised to think outside the box by injecting new concepts and imaginative uses into their designs, such as transforming a skirt into handbag or sweater into skirt. The outfits must contain a minimum of one piece and a maximum of four pieces. While students do not have to make their designs, they must illustrate and carefully describe the textiles used in their work.

First launched in 2012, Wool4School has involved more than 65 000 students nationwide, who have not only learnt the fundamentals of fashion design but who have also explored the benefits and versatility of wool and fabric created from it. In 2017 the competition was expanded to include Year 12 students, making entry available to all high school students from years 7 to 12.

Full details, resources and lesson plans can be found on www.wool4school.com, along with details of the amazing prizes on offer for students and teachers.



 **WOOL4SCHOOL**
DESIGN COMPETITION

In partnership with
 **WHITEHOUSE**
 **BERNINA**  **Jac+Jack**

Portfolio design workshop

During September's TAFE at Schools 'Season School', the Fashion Department of TAFE Queensland Brisbane held a Portfolio Design workshop. The day's activities were designed to help potential candidates and future fashion-design students experience a day at university.

During the workshop attendees developed mood boards, created various drawing bases, designed a range of outfits and, finally, combined all of these elements into a portfolio page. By covering the entire development process the attendees were able to express complete design stories visually and with supporting text. These pages, while produced in a short period of time, could be used as the basis of original application projects of the type required by most universities.

With QTAC and the enrolment process well underway, many of the attendees have already booked their interview times. We look forward to seeing their application portfolios in the near future.

If you would like further information about the Bachelor of Applied Fashion, please email UCBrisbane@canberra.edu.au or ehudjoseph@canberra.edu.au.

Please follow this link for additional information on the course and its study pattern:

https://www.canberra.edu.au/coursesandunits/course?course_cd=305JA.

Ehud Joseph

Lecturer (Bachelor of Applied Fashion)

University of Canberra

Based at the TAFE Queensland Brisbane campus




BACHELOR OF APPLIED FASHION

GET THE CAREER YOU WANT

GAIN AN INTERNATIONALLY RECOGNISED DEGREE THAT WILL OPEN DOORS IN **EVERY** SECTOR OF THE INDUSTRY.

PORTFOLIO WORKSHOP



QUT professional development for Queensland design teachers

Design Teachers Studio 2018

Event: QUT Design Teachers Studio
Date: Friday 9 February to Saturday 10 February 2018
Time: 9.00 am-3.30 pm each day
Location: QUT Gardens Point Campus
Cost: \$310

Registration:

Go to the link on this webpage: <https://www.designteachers.org/professional-development/dts2018/> or register at: https://pay.qut.edu.au/QUT_DesignTeachersStudio.

Description:

In anticipation of the new QCAA Design syllabus going online in 2019, the Queensland University of Technology's School of Design is offering a professional development workshop for Queensland high school teachers.

This two-day workshop will take place in QUT's design studios and will offer a choice of sessions and practical experiences for teachers, including:

- the role of making in design process: low-fi prototyping
- running design studios: facilities, techniques and teaching strategies
- curriculum development: applying the syllabus to the classroom
- evaluating design: identifying and assessing good design.



Product models



Studio



Workshop



2018 Annual General Meeting

**Saturday
17 March
2018**

10am-12pm

ROOM FOR ROSES
BRISBANE ARCADE

**32/111-117
Adelaide Street
Brisbane City**

The Annual General Meeting will be part of the celebratory **World Home Economics Day function**

Agenda

1. Welcome and apologies
2. Correspondence
3. Confirmation of minutes of previous Annual General Meeting
4. Business arising from minutes
5. President's Report
6. Secretary's Report
7. Treasurer's Report
8. Auditor's Report
9. Appointment of Auditor
10. Reports from Committees
11. Appointment of Committee of Management

If you are not attending the World Home Economics Day and AGM function and you wish to appoint a proxy, please complete the proxy form below and forward to the Secretary at the address below. Proxy forms must be in the hands of the Secretary before the meeting commences.

Nomination of Proxy

I, _____ *(print name in full)*

of _____ *(print full address)*

being a financial member of the Home Economics Institute of Australia Inc., am not able to be present at the HEIA(Q) Annual General Meeting to be held 17 March 2018. I hereby appoint

_____ *(print full name)*

also a financial member of HEIA Inc. as my proxy to vote on my behalf at the Annual General Meeting to be held on 17 March 2018, and at any adjournment of that meeting.

Signature of member appointing proxy

Date

Please return to

**Secretary, HEIA(Q),
PO Box 581 Hamilton Central 4007**



2018 Annual General Meeting

**Saturday
17 March
2018**

10am-12pm

ROOM FOR ROSES
BRISBANE ARCADE

32/111-117

**Adelaide Street
Brisbane City**

The Annual General Meeting will be part of the celebratory
World Home Economics Day function

Nomination Form

Nominations for the following positions can be made on the form below. Nominations may be submitted before or at the Annual General Meeting.

Committee of Management

- Vice President
- Secretary
- Treasurer
- Delegate to National Council
- Member of the Committee of Management

I, _____ being a financial member of the Home Economics Institute
of Australia Inc., wish to nominate _____ *(print full name of nominee)*
for the position of _____ *(print position to be filled)*

Signature of Nominator

Signature of Seconder

I, _____ being a financial member of the Home Economics Institute
of Australia Inc., wish to accept nomination for the position of _____

Signature of Nominee

Date

Subcommittees

Subcommittees include: Newsletter, Professional Development, Conference, Website and Student Liaison. It is not necessary to be a member of the Committee of Management to participate in a subcommittee and there is no need to be nominated, just express your interest.

I, _____ *(please print name)* being a financial member
of the Home Economics Institute of Australia Inc., wish to express an interest in being a member of the

Subcommittee and can be contacted by telephone on _____

Email on _____

Please return to

**Secretary, HEIA(Q),
PO Box 581 Hamilton Central 4007**



heia(Q) Diary Dates

 17 March 2018

**HEIA(Q) WORLD HOME ECONOMICS DAY
CELEBRATION**

10 am-12 pm
Room for Roses
Brisbane Arcade
32/111-117 Adelaide Street
Brisbane City

 17 March 2018

HEIA(Q) ANNUAL GENERAL MEETING

10 am-12 pm
Room for Roses
Brisbane Arcade
32/111-117 Adelaide Street
Brisbane City

 20 March 2018

WORLD HOME ECONOMICS DAY

Theme for 2018—Home economics literacy:
Skills for healthy and sustainable cooking
<https://www.ifhe.org/1110/>

 7 April 2018

WORLD HEALTH DAY

<http://www.who.int/campaigns/world-health-day/2017/en/>

 15 May 2018

INTERNATIONAL DAY OF FAMILIES

<http://www.un.org/en/events/familyday/>

 18 August 2018

HEIA(Q) STATE CONFERENCE:

Brisbane Convention & Exhibition Centre

 16 October 2018

WORLD FOOD DAY

www.fao.org/world-food-day/home/en/