

inform

Newsletter of the Home Economics
Institute of Australia (Qld) Inc.
September 2014



The September 2014 issue of the newsletter is a bumper issue, with so much to report on. HEIA(Q) events are well and truly reported with the 2014 state conference taking centre stage and, of course, the fabulous Teacher Excellence Awards that were made at the conference. Events for professionals at both ends of their career paths are reported—the function to welcome the 2014 graduands to the profession, and the retirees' high tea. Classroom practice is again celebrated with schools reporting what they are doing in home economics and hospitality—yet more awards here. Plus events coming up, ideas for the classroom and ideas for advocating for home economics. Hopefully plenty for everyone. Please enjoy!

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From the President



HEIA(Q) has had an amazing year to date. The 2014 annual conference was totally booked out, with a waiting list—due, in no small way, to the conference planning committee, who put together an interesting program that catered for the diversity of teachers throughout Queensland. Delegates came from all round Australia and one came from New Zealand.

We were very pleased to announce that there were many nominations for the HEIA(Q) 2014 Teacher Excellence Award. The nominations for the award were of a very high standard, resulting in three Teacher Excellence Awards and three Highly Commended certificates. Unfortunately, our email forwarding facility was malfunctioning at the time that nominations were sent in, resulting in two nominations not being forwarded to the sub-committee for consideration prior to the conference. These nominations have now been reviewed and one more Teacher Excellence Award and one more Highly Commended certificate will be presented at the upcoming World Food Day dinner on 16 October 2014 at the Southbank College of Tourism and Hospitality. We encourage all members and their guests to come along and attend the dinner and acknowledge the excellence of these teaching practitioners.

I had the pleasure to attend the HEIA(Q) retirees' annual function this year. It was a lovely high tea at the Kerry Craig Emporium, attended by about 30 retirees. It was lovely to meet up with many teachers I have known over the years and to be able to present two commemorative pendants made in Canberra especially for the 20th anniversary year of HEIA. The pendants were presented to Life Member Valerie Cocksedge OAM and HEIA Fellow Dr Janet Reynolds. The other Queensland Life Member Audrey Lawrie and fellow Dr Donna Pendergast were not able to attend the event.

Please let us know of the wonderful things that you are doing in your schools. Sharing ideas and practices is the best way for others to know what we are doing and how valuable our lessons are. Make sure you show the newsletters to your principal and deputies as well as colleagues from other faculties. They will be surprised at the level of activities and learning taking place in home economics classrooms.

Following an extensive regional professional development program related to Home Economics and the Australian Curriculum, and backed by many related sessions at the 2014 state conference, you are now armed with information to be able to teach the relevant sections of the Health and Physical Education and Technologies areas of the Australian Curriculum—make sure that you are advocating to your administration to ensure Home Economics is rightly included in the planning for next year.

Already the HEIA(Q) Committee of Management is planning for next year—keep a look-out for the events for next year and set aside professional development funding to attend. If there is anything that you believe should be addressed, please contact me at heiaq@heia.com.au

Kay York President, HEIA(Q)

Welcome to the 2014 QUT Home Economics graduands

On the evening prior to the state conference, HEIA(Q) welcomed the 2014 Queensland University of Technology Bachelor of Education (Secondary, Home Economics) graduands to the profession with a cocktail event at Stamford Plaza Hotel in Brisbane. With approximately 40 in attendance, the event commenced with an informative session by Jane Milburn, an agricultural scientist with a passion for upcycling textiles. Jane outlined her background and importantly, her project 'Sew it again', which aims to inspire local upcycling of pre-loved natural fibre garments as a way of reviving home sewing, improving creativity and wellbeing, as well as ecological health. Through her passion for sustainable resource management as well as her creative flare, Jane set herself a challenge to create 365 items from recycled clothing in 365 days. Jane was full of ideas and brought along many examples of creative work that she had done and showed the group amazing ways to recycle or upcycle garments.

On behalf of the 2014 graduands, Kylie Wesley thanked the HEIA(Q) Committee of Management and all present for recognising their achievement in completing a four-year degree and dedicating themselves to home economics education. Kylie spoke of the challenges and triumphs that she encountered while completing her education degree, listing the number of assessments, group projects, meltdowns and 8 am tutorials she had to get through in order to finally be in the graduating class of 2014.



About the guest speaker

Guest speaker Jane Milburn is following the heart on a creative journey by upcycling the natural fibres that she grew up to love on a sheep farm in South Otago, New Zealand. This attachment continued through agricultural science study and work as a rural reporter and communications consultant. Now a fellow of the Australian Rural Leadership Foundation, in 2013 Jane undertook a Graduate Certificate in Australian Rural Leadership, which included research into textile consumption trends. This research revealed global fibre consumption growing at three times the rate of global population growth and fast fashion, cheap clothes made in developing nations by people paid very low wages, driving excessive consumption, which is wasteful of resources and increasing waste. The human toll highlighted by the Rana Plaza Fire in April 2013 brought this problem to world attention, and was the spark for an international campaign 'Who made your clothes?', which marked Fashion Revolution Day on 24 April 2014. Jane's response is the 2014 'Sew it again' campaign.

Jane's mother, Elizabeth Capon, taught Home Economics for many years and co-authored *Focus on Living*, the textbook used for many years in Queensland schools. This connection with home economics inspired Jane's project 'Sew it again', which aligns well with the underpinning philosophy of home economics, promoting the wellbeing of individuals, families and communities as it encourages responsible decision making when considering and purchasing clothing. It also considers the impact that the manufacturing of fibres and clothing has on the environment as well as the toll on communities responsible for producing the fast fashion items available today. Jane's creations and story can be found at www.sewitagain.com

It was great to see a mix of members and non-members attending the graduand event, including some from as far away as Townsville, as well as student members in their first year at QUT, all mingling and offering advice and even job opportunities to our future educators. One graduand noted that this was the only teacher professional teacher association (that she knew of) that accepted their colleagues into the teaching profession with an event like this and that made her feel not only appreciated, but sure that she would be supported and valued as she steps out into the world of educators.

Pep Bennett 4th year QUT student





World Food Day 2014 theme

Family Farming: Feeding the world, caring for the earth



Family farming is the focus of World Food Day 2014

The Food and Agriculture Organization (FAO) of the United Nations marks World Food Day each year on 16 October, the day on which the Organization was founded in 1945. World Food Day was first held on 16 October 1981.

The objectives of World Food Day (WFD) are to:

- encourage attention to agricultural food production and to stimulate national, bilateral, multilateral and non-governmental efforts to this end
- encourage economic and technical cooperation among developing countries
- encourage the participation of rural people, particularly women and the least privileged categories, in decisions and activities influencing their living conditions
- heighten public awareness of the problem of hunger in the world
- promote the transfer of technologies to the developing world
- strengthen international and national solidarity in the struggle against hunger, malnutrition and poverty and draw attention to achievements in food and agricultural development.

Family Farming: Feeding the world, caring for the earth

The 2014 World Food Day theme 'Family Farming: Feeding the world, caring for the earth' has been chosen to raise the profile of family farming and smallholder farmers. It focuses world attention on the significant role of family farming in eradicating hunger and poverty, providing food security and nutrition, improving livelihoods, managing natural resources, protecting the environment, and achieving sustainable development, in particular in rural areas.

The UN General Assembly has designated 2014 'International Year of Family Farming'. This is a strong signal that the international community recognises the important contribution of family farmers to world food security.

Resources to support the 2014 World Food Day theme

The United Nations Food and Agriculture Organization has many resources on its website to support the theme for 2014 World Food Day—go to www.fao.org/world-food-day/resources/en/ for videos and other promotional materials.

This year's World Food Day and FAO 2014 International Year of Family Farming communications toolkit provides tools and suggestions for informing and engaging the public in family farming-related activities. Read through the texts provided in this section for key messages and tips. Use the toolkit, videos and promotional materials to increase awareness and understanding of the challenges faced by family farmers and smallholders. Learn more about why family farming is important and help spread the word!

Great resources available to support World Food Day

Some of the resources available are:

- IYFF leaflet—Learn more about the International Year of Family Farming by downloading the tri-fold leaflet.
- Family Farmers: Feeding the world, caring for the earth brochure—This brochure explains in more depth what family farming is, why it is important and how it can be strengthened; the key facts and figures highlight family farming as the predominant form of agriculture in the food production sector and its high levels of productivity around the world.
- Poster
- PowerPoint presentation
- 2014 International Year of Family Farming—audio and video
- 2014 International Year of Family Farming—official photo gallery
- Infographic 'Family Farmers: Feeding the world, caring for the earth'



World Food Day idea

Register your school for Oxfam's Eat Local Feed Global



Oxfam's Eat Local Feed Global is about something that we all love ... food! Well, food security to be exact.

Oxfam encourages schools to acknowledge World Food Day by participating in its Eat Local Feed Global initiative this October. Oxfam is encouraging schools to, for example, host a lunchtime Hunger Banquet to support Eat Local Feed Global, which will give students a first-hand experience of the inequalities inherent in our food system. It's a fun, thought-provoking and interactive project for students of all ages to learn about the causes of global hunger, how local actions can have a global impact, and the role we can all play in helping ensure everyone has enough to eat.

This is how the Hunger Banquet works: students are divided into groups representing high-, middle- and low-income regions of the globe, to receive a lunch experience they will never forget. The Hunger Banquet can be a big or small as you like, involving a class group, a year-level or the whole school.

"Many students were annoyed by the lack of their usual midday meal, but because of this began to discuss the issue and grasped a real awareness of the problem... We can strive to make this world hunger free. This was the true point of the day, to not only show the hardships of what people have to deal with every day, but make the school community realise we have an obligation to do something." Thomas Leadbetter and Matthew Hall, Yr 11, Ballarat Grammar

Register now at www.oxfam.org.au/elfg to receive a free resource pack from Oxfam. This pack will help students plan, organise and run their own event, and discover why one in eight people still go hungry every day.

The pack includes the Eat Local Feed Global How To' guide for students, with tips and ideas, posters, stories from the field, a DVD and other resources. Oxfam's resources are easy to use, inspire discussion and reflection in creative ways, and balance the challenges posed with solutions and actions.

Above all, Oxfam resources support teachers every step of the way to make sure the students' Hunger Banquet is a success. In return, the school will be supporting Oxfam's GROW campaign, which helps alleviate hunger in neighbouring countries like the Philippines, Timor Leste and Vanuatu.

This activity can be linked to Australian Curriculum cross-curriculum priority Sustainability, as well as state-based Home Economics, Food Technology and Health curricula, global education and social justice programs.

Register today at www.oxfam.org.au/elfg to make sure your students are at the forefront of the movement to end hunger. Your school's actions can create lasting change.

Annelise de Mel
Schools Program Coordinator
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HEIA(Q) World Food Day Dinner

Venue:	College of Tourism and Hospitality, Ernest Street, Southbank
Date:	Thursday 16 October 2014
Time:	6:00 pm - 9:00 pm
Cost:	2 courses, \$35
Drinks:	Cash bar
Parking:	On site
Bookings:	www.trybooking.com/FNPI

Come along and enjoy the collegiality of your home economics colleagues. Maybe make up a group to come along and relax, or come along by yourself and meet some new colleagues.

The World Food Day dinner will be an opportunity to acknowledge World Food Day in a social environment, but it's also an opportunity to present Teacher Excellence Awards that were not awarded at the 2014 state conference.

Hope to see you there!

Please contact Pep Bennett by email at richard.pepita@gmail.com if you have any queries.



WORLD FOOD DAY-OCT 16

HEIA(Q) Retirees function 2014



On Tuesday 26 August the HEIA(Q) Retirees' function was held at Keri Craig Emporium, where a beautiful high tea was enjoyed in elegant surroundings.

Organiser Denise McManus welcomed 31 lovely ladies. Apologies had been received from 10 others. Former Committee of Management member Helen Keith travelled all the way from Yungaburra to attend and there were four ladies who travelled from Toowoomba for the day.

Mention was made of the sad passing of members Margo Miller and Lady Dell Grindrod since last year. Many previous acquaintances were renewed and past memories refreshed.

There is always someone who knows someone you have worked with or trained with. One thing they all have in common is their continued passion for home economics.

This year we were fortunate to have present the HEIA(Q) President, Kay York at the function. Kay attended to make a special presentation to HEIA Life Member, Val Cocksedge and HEIA Fellow, Jan Reynolds. Kay informed the gathering that 2014 marked the 20th anniversary of the establishment of HEIA and for the anniversary celebrations in Canberra in April, commemorative glass pendants had been made. HEIA(Q) Committee of Management decided to present the Queensland Fellows and Life Members with one of these pendants. Val and Jan were presented with their pendants, specially produced for them by the Canberra Glassworks to mark the occasion. It was fitting that the presentations were made to Val and Jan in front of past members.

As you can see from the photos, the retirees are still looking good and enjoying life. One thing home economics teachers don't suffer from is boredom after retirement!

Denise McManus

HEIA(Q) Service Awards

This year HEIA(Q) awarded two service awards at the 2014 state conference, *Celebrating Home Economics*, held 9 August at the Brisbane Convention and Exhibition Centre.



The first award went to Dr Janet Reynolds. I am sure that you will all agree that Janet is a worthy recipient; she works tirelessly for HEIA(Q) in so many ways, and has done for an extended period of time. Jan has been a member of the HEIA(Q) Committee of Management since its formation in 1994. In that time she has taken on various roles. Following her time as the inaugural national President of HEIA, she then became the HEIA(Q) delegate to the national Council, a position she held for approximately 10 years. Over many years, Jan has delivered professional development to all 12 regions across the state, as well as presenting at many HEIA(Q) conferences. For many years now, Jan has convened the Conference Committee, edited the *Inform* newsletter, been the HEIA(Q) liaison person with the national Membership Secretary, and advocated for home economics in many ways, such as the recent advocacy to QUT for the continuation of home economics teacher education.

The second Service Award was presented to Michelle Nisbet, who has had a connection with HEIA(Q) since 1996. During this time she has played a variety of roles. Her association started on the Newsletter Committee; she then took on the role of Editor of Newsletter 2000-2005. Her role as Newsletter Editor saw her join the HEIA(Q) Committee of Management (2000-2006) and, in 2004, she acted as President of HEIA(Q). Michelle was responsible for organising a number of World Home Economics Day celebrations and from 2005-2012 was convenor of, or on the HEIA(Q) Conference Committee. Michelle also played a role on the organising committees for the HEIA national conference when it was held in Brisbane. Michelle has always been willing to contribute her ideas, reflect, invest her time to promote and grow home economics. I am sure that you will agree that Michelle is also a worthy recipient of a service award.

This award will be presented on an annual basis, and at the August meeting of the HEIA(Q) Committee of Management, it was decided the award would be renamed The Dr Janet Reynolds Award for Service to HEIA(Q).

Kay York President, HEIA(Q)

- 1 Michelle Nisbet (L) and Jan Reynolds with their Service Awards
- 2 Melinda Service

HEIA(Q) Home Economics Teacher Education Award



The award for contribution to home economics teacher education was presented to Melinda Service. Melinda lectured at Brisbane College of Advanced Education (BCAE), which then became Queensland University of Technology, where she lectured for 26 years. During this time, Melinda has trained many of today's Queensland home economics teachers.

If you were fortunate to participate in her lectures and workshops, you would never include scones in your curriculum! Many of us have heard about how Year 8 students turn them into stones.

Melinda's promotion of the use of process journals and photography has enhanced the practical aspects of home economics teaching. She has challenged pre-service teachers to view home economics through many perspectives, promoted high expectations for our profession and provided valuable support to many students, especially students living away from home. Melinda conducted school visits as part of the pre-service program and always provided professional advice.

Her other contributions to home economics have included being Chair of the King and Amy O'Malley scholarship panels in Queensland, chair of the Home Economics sub-committee for the 2001 and 2010 Senior Home Economics syllabuses and a Queensland Studies Authority Home Economics State panel member.

Kay York President, HEIA(Q)

HEIA(Q) Teacher Excellence Awards



HEIA(Q) Teacher Excellence Awards recognise and celebrate the outstanding work done by Queensland home economics practitioners. Home economics teachers contribute much to education in Queensland and this is one way the profession can acknowledge practitioners who excel. The award is made to teachers who have, in recent times, demonstrated excellence consistently in several facets of home economics education, such as quality teaching

practice, innovative teaching practice, exemplary curriculum development, quality student outcomes and success, outstanding professional commitment etc. Successful nominations address a minimum of two of the following selection criteria:

- Teaching practice, e.g. student-centred learning, use of productive pedagogies, integration of ICTs
- Curriculum development, e.g. innovative school-based curriculum development that relates to contemporary syllabuses, development of work programs, contribution to syllabus development
- Student outcomes/success
- Professional activities.

1 Michelle Harris (L) with HEIA(Q) President, Kay York

2 L-R: Barbara Baker, Theresa French, Kay York

Teacher Excellence Award recipients announced at the HEIA(Q) 2014 state conference

This year, HEIA(Q) received many quality nominations for the 2014 Teacher Excellence Awards. Thank you to those who spent time putting the nominations together. The sub-committee spent considerable time examining the nominations and eventually decided to award three Teacher Excellence Awards and three Highly Commended certificates at the conference.

The HEIA(Q) 2014 Teacher Excellence Awards were awarded to:

- Chris Capra, St Paul's School, Brisbane
- Karen Cridland, Mackay North State High School
- Michelle Harris, San Sisto College, Brisbane.

Christine Capra is learning manager of Health & Lifestyle Technology at St Paul's School in Brisbane. Her nomination noted: 'has a relaxed, confident and warm teaching style'; 'builds belief and confidence in her students'; 'big picture thinker adopting technology in her classroom'; 'an innovator and a willing learner'; 'strong student numbers again evidence the popularity of our subject, due in no small way to the leadership of our learning manager Chris'; 'students are encouraged to have an open blog where they can share their experiences and reflections with their families and their peers, and celebrate the positive differences they will make in their lives, their family and their community'.

Karen Cridland has been a home economics teacher for close to 30 years including 14 years at Mackay North State High School. Her nomination noted: 'her dedication to developing highly effective and challenging assessment tools is unwavering'; 'working towards the implementation of the whole-school pedagogical framework 'The Art and Science of Teaching' into her lessons'; 'Senior Home Economics guru'; 'helped to plan and present at home economics regional workshops'. The nomination stated that Karen has a passion for teaching and is always willing to offer extra assistance, support and time to students, no matter what.

Michelle Harris is dedicated to student-centred learning across the school, as well as in home economics. She has actively promoted the value of home economics and seen an increased enrolment in home economics since she started work at the school. Some of the points made in her nomination include the following: 'resources being tailored for student learning preferences through the VARK (Visual, Aural, Read/write, Kinaesthetic) learning preference tool'; 'rewritten and implemented all junior work programs with continuity, the development of skills and higher order thinking processes, connectedness with the community and cross-curriculum links as her priorities'; 'Home Economics student enrolment has steadily increased'.

The home economics teachers who received Highly Commended certificates were:

- Barbara Baker, Fraser Coast Anglican College
- Theresa French, Pittsworth State High School
- Jason McCormick, Morayfield State High School.

Barbara has been teaching for over 25 years and has a holistic approach to teaching. She forges strong relationships with her students and has embraced technology in her classroom. Her nomination noted the following: 'Barb is an integral part of the college's community and her commitments extend far beyond her immediate classroom responsibilities'; 'included Sustainability and Indigenous perspectives into her curriculum by acknowledging the importance of preserving the natural environment of the 64 acres of the College grounds through water saving and recycling programs, and sustainably harvesting 'bush tucker' from native trees to make jams and preserves'; 'an atmosphere where all students can experience success'; 'sounding board for new teachers, providing a listening ear and advice in manoeuvring through their first years of teaching'.

HEIA(Q) Teacher Excellence Award recipient

Christine Capra

St Paul's School, Brisbane

Chris Capra graduated from Brisbane College of Advanced Education in 1983 and commenced her teaching career in Cloncurry. Launched into an environment of limited resources, but with boundless enthusiasm and a sense of fun, the adventure began for her as a first year teacher. Within a year, a new Home Economics area was constructed and fitted-out, and the programs rewritten. Working in what was considered, at the time, to be a remote community, taught Chris to be inventive in her use of limited resources, resilient and adaptive to change and challenge, and the importance of building solid working relationships with peers and community.

After working in far north-west Queensland, Chris moved back to Brisbane and taught at Hendra State High School. During her long association with this school, Chris taught Year 8 students through to adult education classes. This experience further expanded her understanding of teaching and learning when having to meet and cater to the diverse background experiences of her students.

The birth of Chris's two children, Tyler and Bianca, saw her move away from the classroom for a period of time.

In 2002, Chris undertook an exchange year in Kaslo, Canada, allowing her to experience a different education system, which refreshed and endorsed her perception of the innovative approaches being undertaken by Queensland educators.

On her return from overseas, Chris took up the position of Curriculum Leader of Health and Lifestyle Technology (Years 7-10), Senior Health Education and Hospitality Studies subjects at St Paul's School. These elective subjects have maintained consistently strong student numbers, evidencing the popularity of the area and the dedicated team of teachers working within it.

As a classroom teacher and team leader, Chris is passionate about her students' wellbeing and their future. To this end, she tirelessly advocates for the learning area and promotes the relevance that this subject has in relation to the pressures of a modern world. Her love of and belief in how Home Economics/Health and Lifestyle Technology can enhance wellbeing, empathy and the improved quality of life is strong, and this shows in her attitude when she both teaches and collaborates with staff members. She focuses on the positive strengths in

Theresa is currently teaching at Pittsworth State High School and has a high level of commitment to students in her school. Her nomination noted: 'particularly assists students with modified learning programs'; 'organised recognition of her subject through World Home Economics Day and healthy eating initiatives'; 'regularly moderates student work with teaching team members'; 'assists colleagues and models high-level expertise in planning, development and practice'; 'accepted into the Mentoring Beginning Teachers program'.

Jason's nomination highlighted: 'his ability to actively listen to students is second to none'; 'continually shares, supports and seeks feedback on teaching practice'; 'aims to develop independence and critical thinking—encourages curiosity and a love of learning'; 'successfully integrated an innovative school-based curriculum by embracing the wool4skool design challenge and the McCormick (no connection with Jason) Flavour Forecast 2014 design challenge'; 'Secondary Schools Culinary Challenge students made it to the World Finals'.

Announcement of post-conference awards

In August, the HEIA(Q) Committee of Management was perturbed to find that the HEIA(Q) email redirection facility had not been working for a period of time, and unfortunately this was at the time that nominations for Teacher Excellence Awards were made. So although the nominations were received by HEIA(Q) by the due date, they were not received by the sub-committee assessing the nominations.

This meant that two more nominations were considered in late August, and as a result, two further awards will be made at HEIA(Q)'s World Food Day function on Thursday 16 October:

- A HEIA(Q) Teacher Excellence Award will be presented to Catherine Strickland from Grace Lutheran College at Clontarf
- A Highly Commended certificate will be presented to Shan Wilson at Northside Christian College, Brisbane.



her students and staff, and enjoys the opportunity to publicly celebrate their achievements.

An early adopter where technology is concerned, Chris promotes 'big picture' thinking rather than taking the approach of 'let's just do what we've always done'. She is a creative innovator and is a willing learner who shares her expertise with staff and students.

Chris' relaxed, confident and warm teaching style allows students not only to be engaged, but to really enjoy their experience of being in the classroom. She is a firm believer that teaching should promote student ownership and self-determined learning by welcoming student voice and peer feedback to help modify and maximise the learning experiences of all participants.

Chris is tenacious about seeing the bright side of a situation, no matter what. Her care and empathy for the HLT team is witnessed on a daily basis. Her adoption of the St Paul's servant leadership ethos is appreciated by her team, with support and assistance given at all levels. She leads by example and is a passionate life-long learner.

HEIA(Q) Teacher Excellence



Barbara Baker
Fraser Coast Anglican College

Barbara Baker has headed the Fraser Coast Anglican College's Food Technology/Hospitality Department for 13 years, writing curriculum and teaching Food Technology and Hospitality as well as Information Technology subjects. Barb teaches mainly in the Middle and Senior School, but she also teaches a small number of Junior classes. Junior students can often be seen excitedly racing across to the 'big school' to be the first to line up outside Barb's kitchen.

Barb has a holistic approach to teaching, forging strong relationships with students. When children come into her classroom, she gets to know them so she can help them not only academically but also socially and emotionally. Barb also likes to get to know students' parents, grandparents and siblings. Many of these people have become resources who help her to enhance learning outcomes through opportunities to visit real-life hospitality businesses. She also invites skilled chefs to give demonstrations.

After 30 years of teaching, Barb still finds it challenging but loves every minute of being a teacher. Like any profession, teaching involves change and Barb has seen many changes during her teaching career, particularly in the area of technology, which she has embraced in the classroom. She prepares lesson content that provides meaningful experiences for her students through the use of visual resources, blogs and forums and engages students across the learning spectrum. Barb has included sustainability and Indigenous perspectives into her curriculum by acknowledging the importance of preserving the natural environment of the 64 acres of the college grounds through water saving and recycling programs, and sustainably harvesting 'bush tucker' from native trees to make jams and preserves.

Barb aspires to create an atmosphere where all students can experience success and gain knowledge and life skills. Many students appreciate not only the 'hands-on' nature of what they learn, but they can see a direct link between their learning and career opportunities.

Over many years of teaching, Barb has mentored many pre-service teachers by offering advice and guidance and has been a sounding board to new teachers by providing a listening ear and advice in manoeuvring through their first years of teaching.

With 13 years of experience at Fraser Coast Anglican College, Barb has been involved in all facets of school life. She has also been involved in the Diabetes Queensland's *Need for Feed* program, Jamie Oliver's *Food Revolution* and 'Cheese Making' tutorials, with students winning awards for their cheese products at the Brisbane Show. Due to the success of the cheese-making program, Barb has recently started staff tutorials in cheese making.



Theresa French
Pittsworth State High School

Theresa French considers herself a true home economist, believing good management of the family environment helps make the world a better place. She decided in Year 9 that she would make the logical career decision to become a teacher of Home Economics as she could not believe there was a school subject that she loved so much.

Theresa made the move from her home town of Toowoomba to Brisbane to study at Kelvin Grove College of Advanced Education in 1981, finishing her course in 1983. In 1984, she took up her first position at Clermont Secondary Department in Central Queensland at the tender age of 20. Theresa taught at Clermont for one year only, before transferring to Toowoomba

Awards

Highly Commended recipients

State High School, which also became the year of her marriage to husband (of almost 30 years), David. Then it was time for family, and Theresa resigned from the Department in 1986 to devote some 20 years to raising four daughters. During some of these years, Theresa was employed in the Pittsworth district, taking on short contracts and supply work, and completed a Bachelor of Education at QUT in 1990. Ten years ago, Theresa took up full-time employment in a permanent position at Pittsworth State High School.

Theresa continually promotes home economics, taking any opportunity to show off student work, whether it be through coordinating the student work for the local show competition, at parent and citizen meetings or subject selection evenings. Other events initiated by Theresa on behalf of her subject area include a Healthy Eating promotion in conjunction with the school tuckshop in recognition of World Home Economics Day. She has also organised overseeing costumes for school musicals and hosts annual Fashion Awards for Melbourne Cup Day, when Senior Home Economics students decide category winners. Theresa writes a regular article, 'Home Ec Happenings', for the school newsletter.

A practical approach is important to Theresa, so she conducts extensive demonstrations and models work regularly, which particularly assists students needing modified programs.

Theresa finds that being a member of HEIA(Q) is a wonderful avenue to keep up with trends, and networks each year at the annual conference. Membership of the district moderation panel has helped Theresa with her depth of knowledge in home economics and she is grateful for the networking opportunities offered here also.

In 2015, Theresa will be involved in the new program, Mentoring Beginning Teachers, and is looking forward to the challenges involved as well as helping other teachers gain the same passion for teaching.

Theresa sees Home Economics as the science and art of home management and feels she is fortunate to be able to pass her love of and skills for this discipline on to future generations.



Jason McCormick
Morayfield State High School

Jason McCormick graduated from Queensland University of Technology in 2005 with a Bachelor of Secondary Education and gained a post at Palm Beach Currumbin State High School. In 2007, after two years of teaching, he purchased a cafe on Brisbane's northside, which he owned and managed for a period of six years. During this time, Jason occasionally taught at various locations, including Coorparoo State High School, Clontarf Beach State High School, Morayfield State High School and Caboolture State High School. Jason was employed primarily as a home economics/hospitality teacher, however, at times he was teaching in his other area of study, biology.

Prior to undertaking a degree, Jason had worked as a professional chef for nearly 14 years in some of the most respected restaurants within the Australian culinary scene—for example, Rogalskys in Melbourne, which in 1991 was named 'Best Restaurant in Australia over a 10 year period'. The restaurant was also one of very few to carry and maintain 'Three Chef's Hats' as awarded by the *Age Epicurean*.

Some years later, Jason was appointed by the Queen's Administration to be the personal chef to the then Governor of Queensland, His Excellency, Mr Peter Arnison.

During his professional cookery time, Jason travelled throughout Australia and worked in some amazing and diverse work places. It was during this time that Jason was named Queensland Chef of the Year for 2000-2001. It would be these experiences that would eventually help him to become a very passionate home economics teacher.

Jason's first day of university is certainly one he will never forget. At 723 am on that day, Jason's first son was born. Needless to say, he wasn't sure whether to stay at the hospital or attend his first day at university. He excruciatingly chose to attend university. While studying at university, Jason continued to cook professionally to support himself and his new young family. He was Chef de Cuisine for a private yacht company, and for a while seemed to have the ultimate life, studying four days a week and sailing for the other two or three, dependent upon the clients on board. Then along came Channel 7's program *My Restaurant Rules* and Jason's almost normal life took a turn he could never have expected. *My Restaurant Rules* was a huge success and put Jason into the eyes of other television program directors. He would soon also be contracted to a BBQ show with Foxtel on the Lifestyle Food Channel.

During his time as a cafe owner/operator, Jason's business won the 'Best Casual Dining in Queensland Award' for four years in a row, and he was then placed into the Business Achievers' Hall of Fame. In his last year of cafe ownership, the restaurant won 'Best Formal Dining in Queensland' and additionally he was named by the Department of Education and Training as the Regional Winner of 'Best Private Trainer'.

Jason's educational philosophies from the outset look rather succinct, but embedded within them is a measure of depth, which seems to be highly reflective and collaborative. His two favourite phases are 'seek first to understand rather than attempting to be understood' and 'leave a legacy of relationships that will never disappear'.

Currently, Jason teaches Science, Home Economics and Senior Hospitality at Morayfield State High School. In addition to teaching, Jason coaches and mentors students to compete in the Junior Secondary Schools Culinary Challenges. This year, Jason's students were named Regional Champions after winning multiple silver medals at the Championships. They then went on to come 4th in the State Championships.

Need for Feed



An extracurricular cooking and nutrition program

Diabetes Queensland's *Need for Feed* program is seeing students cooking up a storm in our kitchens!

The *Need for Feed* program provides practical, healthy cooking and nutrition lessons to students in Years 7-10 in government and non-government schools across Queensland. The program was successfully piloted in 2011-2012 in 11 schools in south-east Queensland, before expanding its availability to all schools across Queensland. Since the program's commencement, 114 programs have been delivered to 1736 students.

Program snapshot

Need for Feed teaches students basic cooking skills and enhances their confidence to prepare and eat a variety of nutritious foods at home. The program is delivered outside of school hours (after school, during school holidays or Saturday mornings) using existing school cooking facilities. Each 20-hour program is run over 5-8 sessions, with 15-20 students in each session. The program is run at no outright cost to the school, with Diabetes Queensland providing funding for recipe ingredients and resources, such as student workbooks and aprons. Diabetes Queensland also pays for one facilitator to deliver the program—for example, a home economics teacher or other health teacher or a school nurse, ideally from within the school and with the help of one assistant. Students are charged \$20 in total to attend the program, however, this may be negotiated if it is a barrier to participation.

Program outcomes

Evaluation is conducted throughout the program. Diabetes Queensland follows up with a subset of schools six months after completion of the program in order to assess its impact and success.

Outcomes show:

↑ Vegetable consumption

- * 47% increase in the number of students consuming 5 or more serves of vegetables daily
- * students had 2.8 serves per day pre-program compared to 3.2 serves, 6 months post-program

↑ Fruit consumption

- * 18% increase in the number of students consuming two or more serves of fruit daily (66% were already meeting the guidelines)
- * students had 2.0 serves per day pre-program compared to 2.2 serves, 6 months post-program

↓ Energy-dense, nutrition-poor food consumption (extras)

- * 56% of students reduced their consumption of 'extra' foods
- * students had 1.9 serves per day pre-program compared to 1.5 serves, 6 months post-program.

Based on the 2013-2014 program evaluations, there was a:

- 57% increase in students who are confident in cooking vegetables
- 48% increase in students who cooked a healthy meal or snack in the previous week
- 103% increase in the number of students able to independently prepare and cook healthy foods (93 students pre-program compared to 189 post-program).

Program satisfaction

- 100% of facilitators reported that students engaged in the cooking class and there was high satisfaction levels with the facilitator manual and the level of support provided to deliver the program.
- Students reported high satisfaction and overall enjoyment of the program, including the recipes and the type of information that the program covered.

Quotes from participants

- *"Need for Feed was an amazing experience and I recommend everyone to try it out ... you get to spend the week with friends, both learning and having a great time."*
- *"I loved the program! All the recipes were fun and simple, they tasted delicious and my family love the taste of them when I make them at home."*
- *"My favourite part of the program was learning how to make everyday recipes healthier. And they even tasted great!"*
- *"I cook all the time at home now."*

Keen to get involved?

Contact the project coordinator Rachel Latimore.

T 07 3506 0948

E needforfeed@diabetesqld.org.au

W www.needforfeed.org.au

Need for Feed is funded by the Queensland Government.

Rachel Latimore Diabetes Queensland



Goondiwindi State High School

Need for Feed program

In term 2 in 2013, Goondiwindi High School commenced the *Need for Feed* program with an enthusiastic bunch of Year 8/9 students and a very enthusiastic facilitator and assistant!

Being a regional school, staff members at Goondiwindi State High School are always excited to hear of opportunities for our students, especially ones that are backed with funding, so *Need for Feed* was ideal for us. The program was taken on board and delivered by our school chaplain, Sonia Frost, along with the help of several others within the school, including a teacher aid and a tuckshop staff member. There were also plenty of helping hands from those who wanted to see what the program was about—as well as find out more about the delicious aromas that were coming from the kitchen.

Two students who participated in the program were keen to share their experience and enjoyment of the program with others.

Casey Armstrong:

"I was grateful and fortunate to be involved in the Need for Feed cooking program. My favourite recipe that I made was the fruit kebabs because fruit is sweet, healthy and yummy. Since the program I have cooked a lot more at home. All the recipes tasted delicious and they were quick and easy to cook."

Katye Watt:

"I really liked the Need for Feed cooking program. It taught me to cook better and showed me a healthier way to enjoy food. My favourite recipe was the healthy, veggie-packed hamburgers. This program is awesome!"

Since the program, I have had a number of students and parents contact me requesting that we run the program again. We are very excited to be able to respond that we are planning another program over the coming months. The program has a flexible delivery method, allowing us to make it suitable and practical for our location and school, as well as funding to ensure it is a success. I highly recommend the program and encourage all regional schools to jump on board and deliver your very own *Need for Feed*!

Sonia Frost School Chaplain



What's new at Dakabin High?

Need for Feed program



***Need for Feed*—An action packed cooking program**

Dakabin State High School has embraced Diabetes Queensland's *Need for Feed* cooking program this term. Twenty-two enthusiastic students are participating in the fun, action-packed cooking and nutrition program and learning heaps of cooking tips and skills, as well as understanding and enjoying healthy food. The program, funded by Queensland Health, aims to improve students' confidence to prepare and cook healthy meals and improve attitudes and behaviours associated with healthy eating—all in a fun and interactive environment. The recipes and health messages delivered in the *Need for Feed* program are aligned with the National Health and Medical Research Council's 2013 Australian dietary guidelines and the Australian Guide to Healthy Eating.

Students are given the opportunity to master the basic skills of food preparation and cooking when they cook a variety of healthy new recipes using fresh produce. Students with special dietary requirements make appropriate adjustments. All the food is then shared at the dining table, where students practise their table etiquette.

At Dakabin State High School, the program is run after school each Tuesday afternoon for eight weeks. Held in the home economics kitchens,

each session runs for approximately 2.5 hours under the guidance of qualified home economics teachers Laura Ball and Fay Buchanan, with the assistance of senior student mentors. This support by teachers and senior students to the younger students learning to cook makes the cooking experience both safe and enjoyable.

Thus far, all recipes have been popular and enjoyed by students. The recipes, developed by Diabetes Queensland, are published in the student manual, along with nutrition information and activities. Examples of the ones students have tried and enjoyed so far include:

- Burritos
- Apple and berry crumble
- Pineapple stir-fry
- Fruit scones
- Pizza.

With the alarmingly high rates of childhood obesity and type 2 diabetes, this program is a must for all adolescents. Dakabin State High School appreciates having had the opportunity to participate in the program and help combat these health issues among our teenagers and community.

Laura Ball Home Economics Teacher
Dakabin State High School



What the students said

After three weeks of the program, this is what the students had to say:

About the recipes:

- *"My favourite part of the program was being able to try a new pizza base which met my special dietary requirements and I enjoyed experimenting with new ingredients. I enjoyed the Apple and Berry Crumble."* (Chloe Koolman)
- *"I enjoyed cooking the Chicken Burritos because it was filling and I liked eating at the table with my friends."* (Brandon Nugent)
- *"I liked the Apple and Berry Crumble because it tasted good. I enjoyed the mixture of fruits and this was the first time that I made it."* (Nei Tiri Bauro)
- *"The burrito and pizza were delicious and it was a good way to learn how to eat more vegetables."* (Hillary Gonzales)
- *"I enjoyed the burritos because the chicken was tasty and spicy. Adding the taco seasoning to the chicken made them yummy."* (Jake Robinson)

About the program in general:

- *"I enjoyed cooking, eating and most of all having so much fun."*
- *"This was so much fun. And we got to eat so much yummy food. I would recommend everyone to do it!"*
- *"I love having my own chef's apron and manual. The best thing is that I can take my apron home when the program is finished."*
- *"I like being able to take something home each week and show my parents what I have made."*



Manna Tours 2015

2015 tours to France and Italy for home economics professionals, families and friends

Northern France and Normandy

6 - 18 September 2015

Visit Paris, the Champagne region, Dijon, Burgundy, the Loire Valley, Bayeaux, the Normandy coast and the Somme Valley.

Italy - Western Sicily and Puglia

20 September - 3 October 2015

Visit Palermo, Erice, Mothia Island, Segesta, Monreale and Agrigento and Puglia, the heel of Italy's boot. This is not high on most tourists' agenda but is a food and wine lovers' paradise.

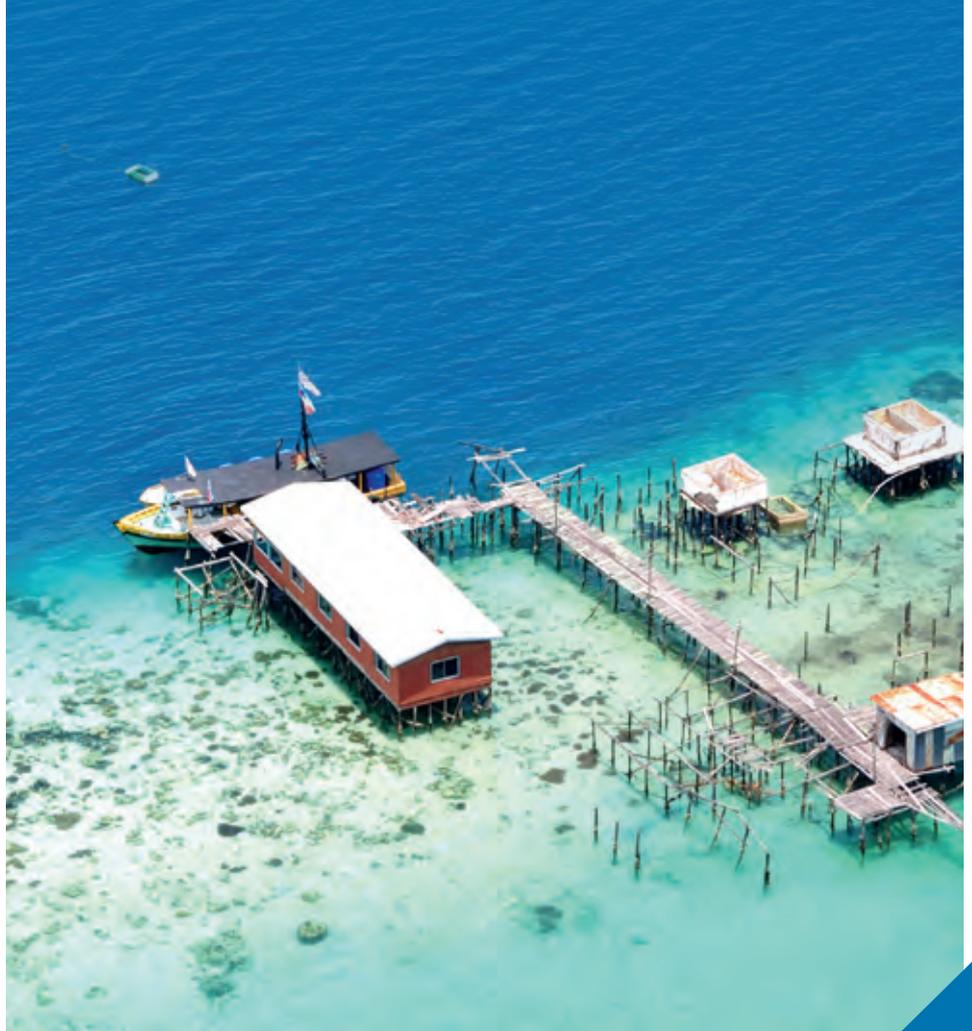
Available as a combined France and Italy four-week tour or you can choose to do only tour, either France or Italy.

Expression of interest

Contact Helen Keith

07 4095 2230

hkeith1540@bigpond.com





let's celebrate!

20 years
HEIA(Q) 1994-2014

celebrating home economics

heia(q)
2014
state
conference

Brisbane Convention
and Exhibition Centre
Saturday 9 August 2014

The 2014 HEIA(Q) State Conference, *Celebrating Home Economics*, was a triumph. Congratulations must be extended to the Conference Organising Committee and to Expert Events for the successful running and implementation of the day.

The overall atmosphere was one of celebration and positivity, and the ripple effect of this was evident. The Brisbane Entertainment and Convention Centre, was again a successful venue for the conference.



Registrations

The conference was fully booked, but fortunately we were finally able to accommodate all those on the waiting list. There were 324 registrations, including 26 speaker/sponsor registrations:

HEIA members Non-members Early-bird Standard

253

45

268

30



Opening keynote addresses

The conference got off to a fabulous start with an address from Reverend Tim Costello, followed by an address from Melinda Tankard Reist.

Unfortunately, Tim Costello had to withdraw from the conference due to an urgent commitment in the Philippines (he is CEO of World Vision Australia). However, he kindly prepared a video address to play at the conference. With his wealth of experience related to families and family life, both in Australia and worldwide, Tim was able to discuss the real value of families, but some do not have family connections and, for others, families are sadly where much child abuse occurs. His video will be posted on the HEIA(Q) website.

Melinda Tankard-Reist spoke about the effects that the sexualisation of girls in pop culture has on the development of young girls. Melinda also addressed how the media's portrayal of girls affects the way they are viewed by their male peers. Melinda explained how, through her Facebook page, Collective Shout as well as her website and influence in the media, she has been able to remove inappropriate advertising from around Brisbane schools as well as getting Wicked Camper's propriety to commit to the removal of misogynistic slogans from his vans. The presentation was forceful, thought provoking, confronting, passionate and at times, shocking. However, Melinda was able to bring this disturbing topic to the audience with candour, vigour, amazing visual support and even, at times, humour. The following comments from the

conference evaluation are representative of the audience's reaction to Melinda:

- "Great presentation and quite concerning"
- "Very thought provoking"
- "Loved listening to such a motivated and aspiring presenter!"
- "Outstanding"
- "Edgy and shocking at the same time"
- "An eye opener for a lot of us. Gives us an awareness we need to have in this day and age"
- "Fantastic presentation. Brought the DVD and books to use at school"
- "Relevant powerful information that we can use in our classrooms"
- "Informative and entertaining"
- "Very captivating speaker and incredibly thought provoking"
- "Very confronting and eye opening"
- "I was glad there were some positives at the end"
- "Melinda was FANTASTIC!"
- "I was absolutely astounded by the information presented"
- "Great resources, great awareness raising. Am taking this to our welfare team at school."



Sponsorship

HEIA(Q) would like to thank its sponsors and exhibitors, and encourage members, in turn, to support them.

- | | |
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| • Zanussi | • Cambridge University Press |
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Reports on some of the concurrent sessions attended by our roving reporters

Fashion, ethics and sustainability— A wicked problem to explore using life-cycle thinking

Alice Payne and Kath Horton (QUT)

The concurrent session presented by Alice Payne (QUT), Kathleen Horton (QUT) and two passionate QUT honours students was enlightening and inspiring. The women presented their ideas and, in turn, their values, showing the delegates that although the ecological impact of the fashion industry is at this point in time a grave one, there is hope for greater sustainability through more considered consumerism. Alice introduced the Life-Cycle Thinking approach to the fashion cycle and how, as consumers, we can play a role in how to continue the cycle past the usual 'grave' stage of a garment. Each of the QUT honours students showed us their perspectives on how consumers can play a role in reducing the 'wicked problem', one with small on-line communities for 'selling-on' clothing items, and the other with introducing the concept of 3D printing of clothing and the potential for recycling.

The room was filled with passionate educators who had many questions to ask of the QUT fashion professionals. It was evident by the end of the concurrent session that there are many passionate and dedicated home economics teachers who are educating and inspiring their students to see the environmental impact that their fashion choices have. The ripple effect of even conversations about this 'wicked problem' will, in turn, have a positive impact.

Multimodal assessment techniques and research journals for Senior Home Economics

**Rosemarie Sciacca (John Paul
College) and Margaret Duncan (Loreto
College)**

Rosemarie Sciacca and Margaret Duncan presented innovative and comprehensive presentations on assessment techniques. Rosemarie's energetic approach to multimodal assessment tasks was an enlightening approach to show how students can use two or more types of digital tools to create a multimodal. Rosemarie gave the delegates a plethora of tools and techniques that students can use, and expressed the importance of using tools that were appropriate to both the cohort and the task. She also expressed how students will have greater success with multimodal techniques in Senior Home Economics if they are given the opportunity to learn in this way in Years 7-10. Examples were given for both Junior (Years 7-10) and Senior (Years 11-12) contexts, enhancing delegates' understanding of this assessment technique.

Margret Duncan then explored one method of using research journals as an assessment technique in Senior Home Economics. She, too, expressed the importance of scaffolding through Junior (Years 7-10) in order to develop the skills needed to successfully complete the task at an appropriate standard in Years 11-12. Her examples of tasks and annotations of both primary and secondary sources were enlightening, and her approach challenged many delegates to think about the skills involved in the teaching of the assessment type. Her Junior example was outlined in the HEIA(Q) newsletter, *Inform* (June 2014), and to have her explain the scaffolding process at a Senior level was beneficial to all. Margaret then explained how to find 'evidence' of both knowledge and understanding, and researching and communicating processes (called Dimension 1 and Dimension 2 respectively in the Senior Home Economics syllabus) in a student's work, to ensure that as educators we are matching to standards appropriately.

The knowledge and passion of the two presenters was clear and all the delegates in the session were both challenged to consider our own practice and motivated by Rosemarie's and Margret's energy and ideas.



How much should ethics impinge on our food choices?

Dr Rosemary Stanton

Dr Rosemary Stanton explored the issue of ethics and our food supply. There are many issues associated with ethical food, ranging from sustainability, food security, biodiversity, our carbon footprint, fair distribution of food, to animal welfare.

The topic is both thought provoking and scary. Will we have enough food to feed the population in future years? How will we decrease the food consumption and wastage that occurs? Why are we feeding grains to our animals when it is more cost effective to use the grain to feed people? How can we ensure that the population doesn't continue to develop diabetes, cardiovascular disease and cancers of the bowel and breast because of overconsumption of red meats and processed foods? These are just a few of the questions that were posed in the session and left all of us with food for thought in the future.

Some snippets from the session:

- The food industry is abusing the use-by date system and short dating products that we buy to encourage us to buy more. What has happened to our knowledge of how to tell if a food is off and deal with it appropriately? I am sure that I can use my nose to tell me if products are not edible.
- Are the foods we are eating sustainable? Which animal is the most sustainable? Rabbits are the answer, followed closely by chickens, goat, lamb and pork.
- How many processed foods do we need? Some foods are being processed to make them faster and easier to prepare—for example, rolled oats—but what is in the fast version? Think about the padding—sugar, fat refined starches, water. The impact of this is that the cost of these basic foods in increased and our skills are decreased.
- Did you know we are eating 35% less vegetables than we were eating in 1995?
- And don't get Rosemary started on bottled water—it costs 2000 times the cost of tap water and creates waste.
- Did you know we have 873,783 beef cattle in feedlots in Australia?

Honestly, a very thought provoking session and many facts to share with anyone who will listen to ideas for improving our food consumption and sustainability.

Conference evaluation

The conference was evaluated by Survey Monkey. There were 209 responses when the survey was closed on 23 August 2014. Major points were:

- Tim Costello was well received, but major commentary was disappointment that he was not there in person.
- Melinda Tankard Reist was rated very highly, with an average of 4.8 on a 5-point scale.
- Final panel was rated highly, with 75% rating it 4 or 5.
- 79% respondents rated the keynote speakers as a strength of the conference.
- For the concurrent sessions:
 - 16 of the 26 sessions (62%) were rated over 4.0 on average, with five of them (19%) rated >4.5.
 - No session was rated less than 3.3 on average.
- Overwhelmingly (76%) delegates voted for three shorter concurrent sessions rather than two longer ones – that is, they were happy with this year's format. However, some commented that it is a long day.



What's cooking in Queensland schools?

Caloundra State High School

We have a proud 51-year history of Home Economics at Caloundra State High School. The Home Economics Faculty is responsible for teaching Home Economics, Hospitality, Tourism and Early Childhood. The faculty has a Head of Department and four teaching staff.

Year 8 Breakfast choices

Berry pancakes (serves 4)

Ingredients

- 1 cup (125 g) self-raising flour
 - ½ cup + 2 tablespoons (165 mL) light vanilla yoghurt
 - 150 mL low-fat milk
 - 1 egg
 - ½ punnet (135 g) fresh blueberries/ strawberries
 - * Oil spray or 2 teaspoons vegetable oil
- * Provided by school

Method

1. Place the flour in a mixing bowl.
2. Combine the yoghurt, milk and egg in a separate bowl.
3. Add the yoghurt mixture to the flour and mix until smooth. You may need a whisk.
4. Gently fold in the berries.
5. Heat a non-stick frying pan over medium heat. Spray lightly with oil or heat 2 teaspoons of oil and distribute evenly over the pan.
6. Pour ¼ cup measures of the pancake batter into the pan and cook each side for 1-2 minutes, or until golden.
7. Repeat the process with the remaining batter.

Brekkie burger (serves 1)

Ingredients

- 1 rasher bacon (fat removed) or 1 large slice of ham
 - 2 eggs
 - 1 tablespoon milk
 - * 1 tablespoon parsley, chopped
 - * 2 teaspoons oil
 - 1 Turkish roll
 - ¼ cup rocket leaves
 - 1 tablespoon tomato relish
- * Provided by school

Method

1. Place the bacon in a frying pan and cook gently until brown and crispy.
2. Remove the bacon from the frying pan, place it on a sheet of paper towel and keep it warm.
3. Break the eggs into a large bowl. Add the milk and parsley and whisk until combined.
4. Add the oil to the frying pan and heat gently.
5. Pour the egg mixture into the pan and cook on one side until it is brown and the egg mixture begins to set.
6. Carefully turn the egg mixture with an egg lifter and cook the other side.
7. Meanwhile, cut the Turkish roll in half lengthways with a serrated knife and toast the inside, using a griller. Remember to keep an eye on the eggs.
8. Place the rocket on the bread.
9. Remove the cooked egg from the frying pan, fold it into thirds then place it on the rocket.
10. Top the burger with the relish and bacon.
11. Serve immediately.



Submitted by:
Helen Anderson
Head of Department, Home Economics

Fruit smoothie

Ingredients

- 1 serve of fruit, chopped, eg. 1 banana, pawpaw, strawberries, pineapple
- 200 mL milk
- ½ cup flavoured yoghurt (approx. 200 mL)
- * honey

* Provided by school

Method

1. Chop fruit into small pieces.
2. Blend all ingredients together in a blender.
3. Pour into a glass.



Learning context

Year Level:	Year 8
Unit name:	Food, Health & Nutrition: What's for Breakfast?
Length of practical lessons:	60 minutes

Essential Learnings for the unit Health & Physical Education

Knowledge and understanding

- Adolescents can meet their specific nutritional needs through eating foods that reflect the dietary guidelines.

Ways of working—Students are able to:

- identify risks and devise and apply safe practices in the kitchen
- propose, justify and implement plans or actions to achieve goals and promote health and wellbeing.

Learning goals

Students are able to:

1. select foods that deliver the essential nutrients needed for normal body functions
2. adopt health promotion strategies for wellbeing
3. apply workplace safe and hygienic practices in the kitchen
4. implement work plans for practical cookery
5. select resources to make products to a suitable standard
6. create a nutritious breakfast.

Practical skills developed

- Measuring
- Whisking
- Knife skills
- Cutting techniques
- Grilling
- Pan frying.

Year 8 students study Home Economics for one term. This is divided into two units—Food, Health & Nutrition for seven weeks and Practical Sewing for three weeks. In the food unit, students provide their own ingredients for 'take home' recipes. Students enjoy the practical component of the course and develop useful skills. Emphasis is on the Australian Guide to Healthy Eating, with students making healthy items such as vegetable kebabs.

For assessment, students plan, prepare and present a healthy breakfast—for example, omelette and fruit smoothie.



McCormick/HEIA 2014 Flavour Forecast Recipe Design Challenge

STILL TIME TO ENTER

There is still plenty of time to enter the 2014 Flavour Forecast Recipe Design Challenge, with entries open until Monday 27 October. Please contact Neredith@marketmaker.com.au for a competition pack.

And for those schools currently underway with the competition, I hope your students are enjoying the challenge.

There was fantastic feedback last year from schools that entered, with many teachers commenting on the relevant global context and the increased knowledge and awareness of flavours gained by students. It certainly sparked some creativity and passion

for food and flavours within the classroom. And this year's themes and flavours are tipped to be equally inspiring. From Charmed By Brazil to Modern Masala, the challenge allows students to think outside the square when it comes to recipe development. The flavours from the 2014 Flavour Forecast Report have a strong international influence and while many of these required ingredients can be hard to source in certain parts of Australia, an alternative ingredient list is supplied:

And while the learnings and experiences of the Flavour Forecast Challenge are invaluable, don't forget there are some amazing prizes for your school and your students.

National prize
\$2,000
Voucher

Exclusive Chef
Chefs & Cooks
Emporium

heia

Tupperware®

State prizes

+ Student prizes

Every student receives a certificate

McCormick

Flavour trend (select four from below)

**CHILLI
OBSESSION**

Food lovers everywhere are seeking out their next big chilli thrill. Beyond just discovering new chilli varieties, this obsession has extended into using techniques like grilling, smoking, pickling and candying to tease out their flavour potential.

**MODERN
MASALA**

Indian food is finally having its moment, breaking free of its traditional confines with modern interpretations. People around the world are taking their appreciation for this richly-spiced cuisine to the next level, and exploring more flavours in new ways.

**CLEVER
COMPACT COOKING**

Proving that big flavours can come from small spaces, cooks across the world are making the most of space that is available to them. They are discovering creative ways to prepare flavourful meals a single appliance.

**MEXICAN
WORLD TOUR**

Mexican flavours are on the move around the world. From a growing taste for regional Mexican food in the United States to early exploration of typical Mexican cuisine in China, cultures across the world are embracing authentic elements of this cuisine.

**CHARMED BY
BRAZIL**

The world's attraction to Brazilian cuisine is heating up, thanks to its enticing mix of global and native influences.

Optional alternative ingredients and tips

Refer to the handy recipe sheet for chilli cooking techniques#.

Paneer cheese—use firm creamed cottage cheese (available in fridge section of most supermarkets) or queso blanco or queso fresco (available from gourmet food delis).

Kashmiri masala—Refer to recipe for Kashmiri masala #.

Noodles—use any variety of dried or fresh noodles e.g. egg noodles, glass noodles, rice stick noodles or miso noodles.

Tea—use loose tea or tea bags. Any variety of tea may be used, including herbal infusions.

Coriander—use ground coriander, coriander seeds or fresh coriander leaves, or a combination.

Tomatillos—use fresh or canned tomatillos or use green or unripe tomatoes.

Chamoy sauce—refer to recipe for Chamoy sauce #.

Recado rojo—refer to recipe for recado#.

Guava—use fresh or frozen red or green guavas or use guava juice or guava jam or preserve.

Cassava—use flour or root, or tapioca, corn or rice flour, or arrowroot.

Black eye peas—use fresh, canned, frozen or dried chick peas, pigeon peas, red kidney beans, black beans, white beans.

Tempero baiano—Refer to recipe for Tempero baiano #.

Advocating for Home Economics in your school

What does advocating for Home Economics look like? Whilst showcasing student work should not be underestimated, advocating for home economics is also about, for example:

- being a leader or actively participating in decisions related to the Australian Curriculum
- value adding to the school improvement agenda
- being visible in school communications
- being involved with and promoting relevant world and/or national days.

Australian Curriculum—Being a leader or actively involved in decision making

Some facts to help you

- It is not intended that the Australian Curriculum documents for either HPE or Technologies are delivered through one subject area—rather, two or more subjects will contribute to these areas, e.g. Home Economics, Health, HPE, Outdoor Education and possibly subjects like pastoral care and religion will contribute to HPE; Home Economics, Industrial Arts, Agriculture and possibly others will contribute to Design and Technologies.
- Home Economics in the Australian Curriculum will draw from both Health and Physical Education (HPE) and Technologies—see quote below from the Australian Curriculum HPE curriculum:

Elements of learning in home economics will draw from content in both Health and Physical Education and Technologies in the Australian Curriculum. The primary content drawn from the Health and Physical Education curriculum is in relation to food and nutrition, growth and development, identity and connecting to others.

As such, the focus areas of Food and nutrition and Relationships and sexuality in The Australian Curriculum: HPE are appropriate for home economics teachers, and indeed areas with which they have much expertise.

- Food and nutrition studies in the Australian Curriculum draws from both HPE and Technologies, as stated in The Australian Curriculum: Technologies curriculum:
In the Australian Curriculum students will be taught about food and nutrition in Health and Physical Education (HPE) from Foundation to Year 10 and in the Technologies learning area through Design and Technologies from Foundation to Year 8. In the HPE curriculum students develop knowledge and understanding of nutrition principles to enable them to make healthy food choices and consider the range of influences on these choices. In Design and Technologies students learn how to apply knowledge of the characteristics and scientific and sensory principles of food, along with nutrition principles (as described in HPE) to food selection and preparation through the design and preparation of food for specific purposes and consumers.
- The Food and nutrition focus area from HPE is mandatory for all students in *Years 7/8 and *Years 9/10, and Food specialisations from Design and technologies is mandatory for all students in *Years 7/8.
- Materials specialisations and technologies (which could include textiles) from Design and Technologies is mandatory for all students in *Years 7/8.
- Relationships and sexuality from HPE is mandatory for all students in *Years 7/8 and *Years 9/10.
- Health Education and Physical Education are two subjects in the senior school—why not in the middle school?
- The Australian Curriculum, Assessment and Reporting Authority (ACARA) is developing a Home Economics document to illustrate how Home Economics provides opportunities to integrate across HPE and technologies—this document is due out later this year.

* This means that it has to be covered in Year 7, or Years 8, or in both. Similar for years 9/10.



Advocating for Home Economics in your school

What can you do?

- Show leadership with regards to HPE—call a meeting with the HPE and other staff involved with the delivery of HPE to check that, between the Home Economics and HPE departments (and possibly others) all content descriptions are covered in Years 7-10—you could use the log sheet distributed at the HEIA(Q) regional workshops and state conference this year (if you did not attend the workshops, contact Jan Reynolds at janetrey@ozemail.com.au for a copy).
- Take ownership and leadership of food studies in your school. Call a meeting with others involved, but it is suggested that you make a case for Home Economics staff being the lead providers of Food and nutrition focus area from HPE for Years 7-10 and Food specialisations from Design and Technologies for Years 7-8. Home economics teachers are the best placed teachers in the school to know how to integrate these two aspects of food studies in a meaningful way. The Home Economics faculty could also deliver Food and fibre for Year 8 if there is no agriculture teacher in the school.
- Develop a vision for positioning Home Economics as a priority subject area by highlighting the benefits to the school.

Note: Manage up—always share what you are doing with the principal and administration team—keep them informed.

Value adding to implementation of the school's strategic plan (School Improvement Plan in government schools)

Schools typically develop strategic plans e.g. for a period of 4 years, and from them develop some kind of action or implementation plan (in government schools called a School Improvement Plan), which is reviewed each year and often includes elements such as targets, strategies to achieve the targets and timelines. The targets in each school differ but common ones are related to literacy, numeracy, behaviour, attendance, Year 12 outcomes (both academic and vocational), results of school opinion surveys and community links.

It is essential to be part of the school improvement agenda to avoid being marginalised and left out of future planning.

What can you do?

- Work as a faculty to determine the benefits of contributing to the school improvement agenda, and just what you can achieve. Make sure the outcomes are measurable and achievable in the context of your other work commitments. It might only be one or two areas that you tackle, but it will benefit the school and the students, and promote Home Economics.

- Figure 1 provides a scaffold for a typical improvement agenda. Use this as a base and develop a scaffold according to your school's improvement areas. If the school does not have a plan with improvement areas, use the ideas in Figure 1 to develop 'big picture' targets for the Home Economics faculty.
- Set targets, strategies and timelines to achieve measurable outcomes so that you are value-adding to the school's agenda.
- Allocate members of the faculty to take leadership for specific strategies.
- Share this with the principal.
- Be sure to drive community engagement and health and wellbeing improvement agendas in the school—these are areas in which Home Economics is particularly strong.
- If you see a problem—pose a solution: think about how you can be part of the solution. There is always a solution that can be found to a problem—be proactive.

Figure 1. Sample school improvement agenda

Improvement area	Target	School strategies	Home Economics strategies	Outcomes	Timelines
Literacy					
Numeracy					
Behaviour					
Attendance					
Year 12 outcomes –Academic –Vocational					
School opinion survey results –From teachers –From parents –From students					
Community links					
Networking					

School communications— Is Home Economics visible?

- Think about the school newsletter—what does your school newsletter focus on?
- Look at the school website—what information is on the website?
- Think about your clientele—what do your parents/community want for education at your school?
- Think about the agenda of the staff meetings and for professional development (PD)—what do they focus on?
- What other opportunities are there to make Home Economics visible?

What can you do?

- Make a decision to value add to the newsletter, website, parent/community liaison, staff meetings and PD agenda—what can you do, as a home economics teacher or as a faculty to make sure that the Home Economics department is well represented? Be sure to highlight your strategies and outcomes to your principal and administration team, and of course, in newsletters or other communications to parents.
- Use any opportunity available to write an article for the school newsletter—maybe a regular section to promote healthy eating, or healthy relationships.
- Make sure Home Economics is visible on the website.
- Raise the profile of Home Economics in the school by being involved and promoting world and/or national days. A number of world or national days relate to home economics—for example, World Home Economics Day (21 March), International Day of Families (15 May), national HPE Day (10 September for 2014), National Nutrition Week (12–19 October for 2014) and World Food Day (16 October). Use these days to demonstrate the importance of Home Economics.

Make sure that the home economics staff are involved in these days to show the links between national and/or global issues (they have to be important if there is a World Day!), and what happens in Home Economics. There is usually plenty of information on various websites to help with resources and/or ideas. Some ideas that you might be able to use include:

- Linking Smart Choices to the new Australian dietary guidelines to promote healthy eating
- A good food forum
- Healthy bites (samples of food)
- HECies—home economics selfies—including an element of home economics in the picture
- Healthies—selfies with healthy foods
- Articles in the newsletter
- Inviting parents to a cooking class to learn healthy food preparation
- If you have a playgroup, inviting parents to share a healthy morning tea and provide some information for them
- Promote the benefits of healthy eating in QR codes that are displayed on the windows of the block, noticeboards, around the school, near the tuckshop etc.



Looking for more ideas?

Network: Create a professional learning community—this is often one of the school improvement agenda items

Networking with other local schools is a great way to gain support and ideas. If you are in a remote location with no schools physically nearby, contact the nearest city and get on their list. Contact local home economics teachers or gather an email list and have an online discussion group. This is a way to identify problems and share ideas and solutions.

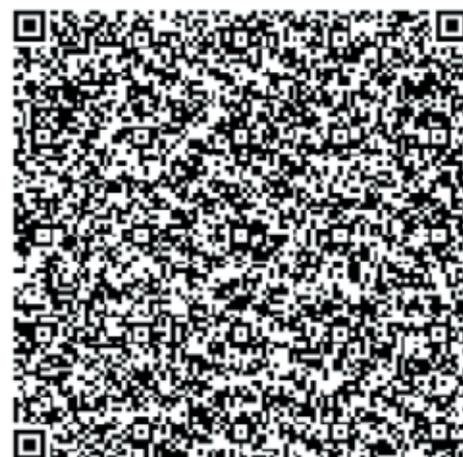
Use Twitter

HEIA(Q) has a Twitter handle #heiaqinc, so please feel free to tweet your issues and ideas on a regular basis—follow Heiaqinc and I am sure that one of the HEIA(Q) Committee of Management or another colleague will see it.

HEIA(Q) Twitter account is #heiaqinc

Use QR codes

Scan the QR code to explore further ideas for raising the profile of Home Economics. To do this, download a free Barcode scanner or QR code reader from the internet on to your smartphone. To make a QR code, go to the *QRstuff* website and follow the instructions—they are simple.





let's celebrate!

20 years
HEIA(Q) 1994-2014

heia(q)
2014
**regional
professional
development
program**

HEIA(Q) 2014 Regional Workshops

Home Economics
and the Australian Curriculum

Did you miss out on the 2014 regional workshops related to Home Economics and the Australian Curriculum? If so, don't despair, there is one more opportunity to participate in these extremely popular workshops. The final workshop for 2014 will be held on Monday 1 December at Mackay North State High School.

The program will run from 9.00 am to 3.30 pm. The program will comprise two parts, as in all other regions:

- The Australian Curriculum and Home Economics Part 1: Enabling and empowering
- The Australian Curriculum and Home Economics Part 2: Planning for classroom implementation

To find out more details, go to www.heiaq.com.au/events/workshops/workshops/ and to register go to www.heiaq.com.au/events/workshops/registration/



2014 Queensland Secondary Schools Culinary Challenge

For the past four years, two competitions have been conducted by the Australian Culinary Foundation for Queensland high school students—the Junior and the Senior Secondary Schools Culinary Competitions (SSCC). Both are the property of the Australian Culinary Federation Queensland and the medals and trophies attained within this competition are fully industry recognised. The competitions are designed to establish and develop links between school and industry in an effort to encourage more students to enter the commercial cookery industry. The objective is to give culinary students an indication of the pleasures, challenges, excitement and gravity that can accompany a career as a cook or chef. Pairs of students represent their school and battle it out against some of the most talented young cooks in Queensland.



Junior SSCC

The Junior SSCC is a competition for Year 10 students studying Home Economics or Hospitality at high school and in 2014 incorporated Brisbane North, Brisbane South, Cairns, Gold Coast and Toowoomba regions.

Each of the five regions, in association with the Australian Culinary Federation Queensland, hosted their own Junior Secondary Schools Culinary Challenge. Medals and trophies were supplied for each regional heat. The first and second place winning teams from each region then competed at the Grand Final Cook Off for the prestigious title of Queensland Junior Secondary Schools Culinary Challenge Champion at the Royal Queensland Show (Brisbane Ekka) in purpose-built kitchens, with spectator seating.

A team of two students prepared, cooked and displayed two servings of one main dish, using the Chicken Maryland as the main protein component. They had 90 minutes from start to finish. The dish could be modern, classical or original.

The finals were held on Saturday 16 August, with teams from Southport State High School, Glasshouse Country Christian College, Canterbury College and Marymount College in the first heat. Kedron State High School, Beerwah State High School, Calvary Christian College and Morayfield State High School competed in the second heat, and two teams from Cairns State High School competed with teams from Stanthorpe State High School and Centenary Heights State High School in the third heat.

Congratulations to:

- **1st Place**
Stanthorpe State High School
- **2nd Place**
Beerwah State High School
- **3rd Place**
Glasshouse Country Christian College

Senior SSCC

The Senior SSCC is a competition for senior high school students, including school-based trainees. There are three sections to this competition:

- Section 1: Entree, presented hot or cold
- Section 2: Main course, presented hot
- Section 3: Dessert, presented hot or cold.

Students may enter all sections and have the opportunity to compete for the Student Culinary Team of The Year Award. To be eligible for this award, Section 2 is mandatory.

Three heats were held on Sunday 17 August at the Ekka. Heat 1 included teams from Chisholm Catholic College, Runcorn State High School and Trinity Lutheran College. Helensvale State High School, Marymount College and Coombabah State High School competed in Heat 2 with teams from Seton College, Maroochydore State High School and Emmaus College in Heat 3. The teams prepared, cooked and served two servings of a main and an entree or dessert within 1.5 hours from start to finish. The dishes could be modern, classical or original.

The following medals were awarded:

- **Gold Medals**
Trinity Lutheran College (Hailey and Grace)
Helensvale State High School (Zachary and Monique)
- **Silver Medals**
Runcorn State High School (Dana and Antonella)
Chisholm Catholic College (Erin and Rhys)
Chisholm Catholic College (Bridget and Chanel)
Helensvale State High School (Jessica and Jordyn)
Marymount College (Claire and Eva)
Emmaus College (Danielle and Patrick)
- **Bronze Medals**
Seton College (Zoe and Jana)
Emmaus College (Kaitlyn and Nicholas)

The Trinity Lutheran College team took out the Queensland Student Culinary Team of the Year Award and has been invited to compete in the International Secondary Schools Culinary Challenge 2014 in New Zealand.



Winning Dishes

2014 Queensland Senior Secondary Schools Culinary Challenge Gold Medallists

Entrée

Beetroot Carpaccio with Prawn,
Boudin, Eggplant Ash, Sourdough
Chips, Dressed Micro Salad with
Mayonnaise, Beetroot Reduction

Main

Grilled Chicken Breast with Confit,
Chicken Leg & Lentil Tart, Zucchini
Carrot Teardrop, Turned Kumara,
Mixed Macedoine, Red Pepper
Orange Reduction, Spiced Walnut
Dukkah Parmesan, Sesame Wafer



Senior Secondary Schools Culinary Challenge

Trinity Lutheran College takes out top award

Trinity Lutheran College at the Gold Coast reigned supreme recently when two of our Year 11 Hospitality students, Grace Morton and Hailey Quiazon, competed at the Royal Queensland Show (Ekka) in the Queensland State Final of the Senior Secondary Schools Culinary Challenge. In front of large crowds, the girls worked against the clock to prepare their winning entree and main to become the Queensland state champions. This is a huge achievement for the girls, who competed against students statewide to win this title. Students were judged against international criteria and the standard of all dishes was very high. I would like to congratulate all the students who competed in this competition for the quality of the dishes presented and the perseverance and excellent teamwork they displayed on the day of the competition.

The Culinary Challenge is organised by the Australian Culinary Federation and is a competition open to all Year 10-12 hospitality students. The purpose of the Challenge is to develop closer links between industry and education and to provide career exploration and possible pathways for students considering the hospitality sector for future employment. This is the second year for Grace as a State champion, winning the junior competition last year, and the second year of competition for Hailey, who took home a bronze medal in 2013. This has been an amazing journey for both girls, where they have learnt not only many new culinary skills and techniques, but also the importance of working together,

good communication and persistence. Their positive attitude and love of learning and cooking has made this such a positive and fun experience for us all.

For Grace and Hailey, this win is the culmination of many hours spent practising their skills after school. This wonderful culinary and personal journey for both girls is now far from over as they prepare to compete in the International Senior Schools Culinary Challenge in New Zealand on 30 September.

I would like to thank the Queensland Culinary Federation for this wonderful opportunity and supporting the girls and myself on this 6-day culinary adventure. I would also like to acknowledge the tremendous input of Reg Morgan, our resident chef and industry representative who has spent many hours mentoring Grace and Hailey. His ongoing loyalty in working with students from Trinity to help them develop their competitive edge and prepare them for the industry is admirable and appreciated. The girls feel so honoured to be representing Queensland and their school in New Zealand at the end of this month and I feel so extremely proud to be sharing this wonderful journey with them.

Belinda Ingram Home Economics Teacher
Trinity Lutheran College, Ashmore



Senior Australian Culinary Foundation Competition 2014

Congratulations to Helensvale SHS students

Congratulations to the Senior Hospitality students from Helensvale State High School who competed in the Australian Culinary Foundation (ACF) Secondary School Culinary Challenge recently at the Brisbane Ekka. Students had to present a two-course meal in 90 minutes and were judged by professional chefs.

Helensvale SHS students were awarded Gold and Silver medals.

Gold medal

- Team 1 (Year 11 students, Zac Casey and Monique Howell)

Silver medal

- Team 2 (Year 12 students, Jessica Wagstaff and Jordyn White)

Outstanding effort and dedication were evident during the many practice sessions, often during students' own time, on school holidays and weekends. A sincere thank-you is extended to the mentor chefs who assisted, guided and developed the students' skills for this ACF competition.

Both teams prepared two main courses and two desserts as a 'Live Hot Cookery performance' in front of an audience and under intense pressure for time and reduced space. The students proudly represented Helensvale State High School and Zac and Monique were especially recognised with their success, narrowly missing out on representing Australia in the International Secondary School Challenge being held in New Zealand this year.

All students should be very proud of the skills and commitment that they displayed—we certainly have promising young chefs for the future. Congratulations and thanks also to Hospitality teacher, Stephanie Wright, for her coordination, commitment and dedication to the ACF competition and the students. We look forward to next year's competition.

Judy Macaulay Head of Home Economics
Helensvale State High School



2014 International Secondary Schools Culinary Challenge

2014 marks the tenth anniversary of the international SSCC, which was set up by the Queensland Chapter of the Australian Culinary Federation in 2005 as part of the World Association of Chef Societies Asia-Pacific Culinary forum. A special cake has been commissioned to mark the occasion.

During that time, teams from Runcorn State High School, under the mentorship of home economics teacher, Lyn Albin, have represented Australia at the Gold Coast (2008 and 2010), in Tahiti (2009) and in Taipei (2011).

This year the international competition will be held at Southland Boys High School in Invercargill, New Zealand. Teams from the school have represented New Zealand in this Asia-Pacific culinary competition for the last eight years.

This year, nine teams from the Asia-Pacific Rim, including teams from New Zealand, Japan, Taiwan, Tahiti, Australia and New Caledonia, will converge on Invercargill from 25 to 30 September for five days of culinary and cultural experiences, culminating in the competition on 30 September. The competition will see teams prepare and present four portions of a dish showcasing lamb rump in one hour.

The winning Queensland Student Culinary Team has been invited to compete in the International Secondary Schools Culinary Challenge 2014. Congratulations and best wishes to the Trinity Lutheran College team, Hailey and Grace.



Diary Dates

SEPTEMBER 2014



HEIA NATIONAL CONFERENCE
30 September - 2 October
Novotel Langley Perth,
Western Australia

OCTOBER 2014



NATIONAL NUTRITION WEEK
12-19 October 2014
[www.nutritionaustralia.org/
national/national-nutrition-week](http://www.nutritionaustralia.org/national/national-nutrition-week)



WORLD FOOD DAY
[www.fao.org/world-food-day/home/
en/](http://www.fao.org/world-food-day/home/en/)



**HEIA(Q) WORLD FOOD DAY
DINNER**
16 October, 6:00 pm - 9:00 pm
College of Tourism and Hospitality
Ernest Street, Southbank
Cost: 2 courses, \$35
Bookings: [www.trybooking.com/
FNPI](http://www.trybooking.com/FNPI)
Queries: Pep Bennett at
richard.pepita@gmail.com

DECEMBER 2014



**HEIA(Q) REGIONAL WORKSHOP:
THE AUSTRALIAN CURRICULUM
AND HOME ECONOMICS: PART 1
AND PART 2**
9:00 am - 3:30 pm
Mackay North State High School
Valley Street, Mackay North