

LAND OF THE KANGAROO, KOALA, OUTBACK AND VEGEMITE

AUSTRALIA



Cynthia Gibson
Sally Wyffels
OREGON FCE 2018 LESSON

Australia: Land of Kangaroo, Koala, Outback and Vegemite

Leaders Guide

2018 Oregon FCE Educational Program Lesson

Prepared by Cynthia Gibson and Sally Wyffels

“G’day, put some snags on the Barbie, mate. No worries, she’ll be right, mate. Top Tip.” Welcome to Australia. Australia is a unique country in every way – in culture, population, climate, geography, and history. Amazing ecosystems with unique flora and fauna including pristine rainforests, ancient rock formations, beautiful beaches, and thousands of kilometers of arid land. Listen to the stories of the Aboriginal people and early English settlers of the country continent. Discover the land of Australia.

- Items you may wish to gather before presenting this lesson:

Pictures of Australia from books, internet, and/or the local library

Map of Australia and a world map

Copies of Handouts that are included in the leader packet

Australian Foods...*Cost Plus Worldmarket* is a good source or *Amazon*

Prepare an Australian dish to share

- Have members share stories of their or friends/family trips to Australia plus any souvenirs they may have to loan and display.
- A **power point** is part of the lesson if you choose to use it as part of your presentation.
- “Props” are always a fun way to keep your lesson entertaining. Use your imagination and be creative. Goodwill and thrift stores are good places to get ideas to make your props and to keep costs down.
- Remember to handout Evaluations after the presentation.

Leader's guide:

Australia—Land of the Kangaroo, Koala, Outback and Vegemite

(Leaders introduce yourselves to the audience)

Introduction:

Australia is a unique and diverse country in every way – in culture, population, climate, geography and history.

Australian culture is as broad and varied as the country's landscape. Australia is multicultural and multiracial and this is reflected in the country's food, lifestyle and cultural practices and experience.

Today, I (*Or leaders' names*) will introduce you all to a very thin slice of the country of Australia.

(Show the world map and where Australia is located on the planet. If possible get a Universal Corrective map of the world, it shows the world from the perspective of Australia)

The Land Down Under (Geography)

Australia is an island continent and the world's sixth largest country. Lying between the Indian and Pacific oceans the country is about the same size as the Continental United States. The country is approximately 2500 miles from east to west and 2000 miles from north to south. There are six states and territories. Can you name them on your outline map of Australia? Victoria, Queensland, South Australia, West Australia, New South Wales, Tasmania (the island State), the territories are Northern Territory and Australian Capital Territory.

Australia's population is roughly 25 million people. The most populous states are New South Wales and Victoria. Sydney is the largest city with Melbourne a close second. What is the capital city of Australia? Canberra and is situated in the Capital Territory, roughly half way between the two cities. Her population is concentrated along the coastal region from Adelaide to Cairn, with a small concentration around Perth, Western Australia. Perth is also known as the *city of light*. Does anyone know why? In 1962, the city and surrounding area had very few lights on their streetlights, home outdoor lights and/or lite bonfires. They wanted the city to be seen by the American astronaut, John Glenn as he orbited the Earth in the Friendship Seven spacecraft. As he approached the Australian western coastline from the darkness of the Indian Ocean he was able to see the bright lights of Perth...the city of light. "The lights show up very well and thank everybody for turning them on." Glenn stated, "Man, this is beautiful!"

The Australian Flag and Its Meaning (*Show or display the Flag of Australia*)

The Australian flag was chosen by the Australian people in the year of federation (1901) from 32,823 entries received in a public design competition.

The flag is a defaced Blue Ensign: a blue field with the Union Jack in the canton (upper hoist quarter), a large white seven-pointed star known as the Commonwealth Star in the lower hoist quarter, and the Southern Cross.

The Union Jack represents the history of British settlement... The seven-point commonwealth star, or Federation star, version was introduced by a proclamation dated February 23, 1908. It has the seven points representing the unity of the six states and the territories of the Commonwealth of Australia.

The Southern Cross, a constellation of five stars that can be only seen in the night skies of the Southern Hemisphere, symbolizes Australia's position in the Southern Hemisphere.

Australia's Early History

Australia's Aboriginal people have the oldest continuous culture on Earth. They are believed to have arrived in Australia by boat at least 50,000 years ago.

“We are all visitors to this time, this place. We are just passing through. Our **Purpose** here is to observe to learn, to learn, to grow, to love...and then we **Return Home**.” Aboriginal Proverb

At the time of European settlement there were up to one million Aboriginal people living across the continent as hunters and gathers. They were scattered in 500 different clans, or “nations”, speaking about 700 languages. Each clan travelled widely to trade and find water and seasonal produce as well as for ritual gatherings.

Despite the diversity of their homelands—from outback deserts to tropical rainforest and snow-capped mountains -- all Aboriginal people shared the belief in the *Dreaming*. According to myth, the ancestor spirits forged all aspects of life.

Dreaming is the belief that long ago creatures started human society, they made all natural things and put them in a special place. These *Dreaming* creatures were connected to special places and special tracks or paths. In many places the great creatures changed themselves into sites where their spirits stayed.

Famous Australian Fairy Tales are a reflection of the Aboriginal culture. Today they are preserved by folklorists. The earliest was Andrew Lang who had gained the trust of the Aborigines and was permitted to write their stories. They are found in his work *Rainbow Fairy Books*, they are filled with many Australian Tales.

“Bahloo the Moon and the Daens”

Bahloo, the moon, has three snakes as pets, which he call his dogs. These are the death adder, the tiger snake, and the black snake. Bahloo likes to let his dogs play and run around at night. One night, Bahloo sees the Daens (men) preparing to cross a river. He comes to these men and asks them if they would be so kind as to carry his dogs across the river. The Daens are apprehensive as they fear his dogs, and they voice these concerns to Bahloo, saying they are

afraid the snakes will bite them. Bahloo assures them that even if they did bite, he would make the humans come back to life, so there is nothing to fear. He throws a piece of wood into the water and it floats to the surface. Bahloo tells them that like the wood they would die at first from the bite, but then they would rise up once more. He then throws a rock into the water and it sinks. If the men refuse to help, they will be like these rocks, for when they die, they will remain died. The Daens are still fearful and refuse.

Angered at their response, Bahloo carries his dogs across the river himself. He then tells the Daens that for not helping, they have refused immortality and shall remain dead after their deaths. Since then, humans have feared snakes, and they have done everything they could to kill Bahloo's beloved pets. But alas, even though they have killed many snakes, there are still many more of Bahloo's pets roaming the earth.

Today there are many opportunities to explore Australia's Indigenous culture, mainly in northern Australia. In the world-famous Kakadu National Park, there is more than 5,000 sites of rock art dating back 20,000 years. Or join a Dreamtime walk, guided by the Kuku Yalanji people, through the lush rainforests of Mossman Gorge, 80 kilometres north of Cairns.

Convicts and Colonizers: the early history of Britain's colonization of Australia

In 1770 Captain James Cook chartered the Eastern Coastline of Australia and claimed it for Britain. The new outpost was put to use by England as a penal colony in 1788. Why were convicts transported to Australia? Until 1782, English convicts were transported to the Thirteen Colonies in North America. However, in 1783 when the American Revolution for Independence War ended,

the new country, the United States of America refused to accept any more convicts. England had to find somewhere else to send its prisoners, New South Wales was the solution.

On January 26, 1788, the first fleet of 11 ships – carrying 1,500 people arrived in Sydney Harbor, Botany Bay. When penal transportation ended in 1868, more than 160,000 men and women had come to Australia as convicts.

Captain Arthur Phillip, a tough naval officer as charged with setting up the first penal colony in Australia. On his ships convicts were chained beneath the deck during the entire hellish six-month voyage. These were not hardened criminals by any measure; only a small minority were transported for violent offenses.

Convicts: Thomas Barrett was sentenced to death for his offense, as a young boy, of stealing a silver watch in London. Poor Elizabeth Beckford. She was 70 years old and her crime was stealing 12 pounds of Gloucester cheese. Another was Dorothy Handland, 82, a dealer in rags and old clothes, was guilty of indebtedness. 22-year-old penniless and starving Elizabeth Powley was guilty of raiding someone's kitchen for bacon, flour, raisins, and "24 ounces of butter valued at 12d". The youngest of the criminals was a nine-year-old chimney sweep, John Hudson, condemned to seven years' exiled for theft. James Grace, 11, had taken some ribbon and a pair of silk stockings. John Wisehammer, 15, snatched some snuff from a shop counter in Gloucester. The most extraordinary crime was that of William Francies, who stole a book from a gentleman in London.

There were no political prisoners. Nor were there any prostitutes as such – because prostitution was not a transportable offence at the time. The women on the ships were treated as whores. Life was not easy for women even when the ships reached Botany Bay.

The surviving convicts' freedom was granted to those who had served their time plus they also were given land to start a new life as a freeman. After 1792, four years after the first fleet sailed into Sydney Harbor, the convict colony of New South Wale was self-supporting. Back in England the government hailed a victory. The criminal classes had been exiled, money was saved on prisons, and there was "no cost" to the English population.

Within a few years, "convicts" were joined by free people from Britain, Ireland and other parts of Europe, attracted to dreams of a better life.

The colonization of Australia had a devastating impact on the Aboriginal people, with the dispossession of their land, illness and death from introduced diseases and huge disruption of their lifestyles and practices.

Australia's Terrain: Landscape and Weather

Australia, Zealandia and New Guinea are continental islands. These three regions share some physical features. All three have mountain ranges or highlands—The Great Dividing Range in Australia; The North Island Volcanic Plateau and Southern Alps in New Zealand; and the New Guinea Highlands in Papua New Guinea.

Australia is a relatively flat landscape. The Eastern Highlands are made up of some smaller ranges such as the Snowy Mountains (Do you remember the movie: “The Man from Snowy Mountain?”). The tallest mountain in Australia is Mount Kosciuszko, at 2,228 meters above sea level, in the Eastern Highlands (New South Wales). The Central Lowlands are home to the Simpson Desert and the Finders Range.

The terrain is mostly low plateau with deserts rangelands and fertile plain in the southeast. Tasmania and the Australian Alps do not contain any permanent icefields or glaciers, although they have existed in the past.

The average temperature during the summer is 86 degrees F and 59 degrees F in the winter. Victoria's highest temperature of 119.8 degrees F was recorded in Hopetown on February 7th, 2009, during the 2009 south-eastern Australia heat wave.

Summers are warm to hot and winters are mild, with rainfall spread fairly evenly throughout the year. Unfortunately, this winter (2018) in Australia is experiencing a terrible drought. In summer (December-February), average temperatures are around 79 degrees F. It can also be humid at this time with an average humidity of 65%.

In Australia, the seasons are defined by grouping the calendar months in the following ways: Spring—the three transition months September, October and November; Summer—the three hottest months December, January and February; Autumn—the transition months March, April and May; and Winter—the coldest months June, July and August. The four seasons can vary significantly in characteristics and can prompt changes in the world around them.

(The audience should have the lists of Fauna and Flora for this section of the lesson)

Golden Wattle, Mulga, Wombats, Tasmanian Devils...Oh My! (Flora and Fauna of Australia)

The Flora of Australia comprises a vast assemblage of plant species estimated to be over 2,000 vascular and 14,000 non-vascular. 250,000 species of fungi and 3,000 lichen. Prominent features of the flora are adaptations to aridity and fire. The development of aridity and the old and nutrient poor soils of the continent led to some unique adaptations. Fire is thought to have played a role in

the development and distribution of fire-adapted species. These adaptations are common in species from the large and well-known Eucalyptus-gum tree and the Acacia Wattle.

The most common vegetation types are those that are adapted to arid conditions where the area has not been significantly reduced by human activities such as land clearing for agriculture. The dominant vegetation type in Australia is the hummock grasslands that occur extensively in arid Western Australia, South Australia, and the Northern Territory. It accounts for 23% of the native vegetation. A further 39% of native vegetation is covered by a combination of: Eucalypt woodlands found at the transition between hummock grasslands and higher rainfall areas where conditions still limit tree growth; the woodlands may have a grass or shrubby understory. The largest area is in Queensland.

Acacia forests and woodlands that occur in semi-arid areas where their growth is stunted. The dominant Acacia species include lancewood, bendee, mulga, gidgee and brigalow. The largest area is in Western Australia.

Tussock grasslands that occur in semi-arid and some temperate parts of Australia; they host a large variety of grasses, the largest being in Queensland.

Other groups with restricted areas of less than 70,000 square kilometers include tropical or temperate rainforest and vine thickets, tall or open eucalypt forests and woodland and heath.

(Handout list of common names of flora and go over with audience. If you have pictures of the flora that would very helpful)

Approximately 83% of all mammals, 93% of amphibians, 89% of reptiles and 24% of all fish found in Australia are endemic to the continent (found only in Australia and surrounding islands). They include: *(show list of the fauna)*

Some species were initially introduced as wild species (whether intentionally or accidentally) such as rabbits, foxes, cane toads, rats and mice...but others are domesticated animals which escaped or were abandoned such as cats, dogs, pigs, goats, horse, donkeys, camels, buffalo, and carp.

The most dangerous animals to Australia are the common brown snake, saltwater crocodile, box jellyfish, coastal taipan, stonefish, blue-ringed octopus, redback spider, bull shark and the common death adder.

Common insects and bugs include: Christmas beetle, Rhinoceros beetle, click beetle, Cicada, Aphid, Crusader bug, Assassin bug, Cricket, Hover fly, Bush fly, Stick insect, Honey bee,

European wasp, Meat ant, Bogong moth, Orchard butterfly, Emperor gum moth, Praying mantid, and Bush cockroach.

(Try to get some pictures of the fauna to share with audience)

(Hand out the Slang Quiz)

“Crikey, Mate, Our Aussie Lingo Has Gone Walkabout”

Australia is an English speaking country. Aussies use interesting (or very strange) slang terms. If you are visit you should learn a few terms to help get you through day to day life. Australians believe their slang is a defining characteristic. They modify words with cute-sounding suffixes more than other native English speakers. Linguists say this reflects traditional Australian values such as equality and informality.

The majority of modified Australian words end in a “y” sound. A professor at the University of Queensland compiled a list of more than 6,000 such modifications. Australians might have mushies (mushrooms) on the side with dinner, reach for their sunnies (sunglasses) on a bright day or call for firies (firefighters) in an emergency.

When Oxford Dictionaries selected “selfie” – a picture taken of yourself – as the word of the year in 2013, it traced the origins to 2002, when it appeared on an Australian internet forum.

“OMG check out his **budgie smugglers**” Do you have a clue? What are the Aussies talking about? Let’s just say if only refers to men, and they tend to wear speedos in Australia.

A friend says “**It’s my shout mate**”. Huh? This is an important one to know apparently. If it’s his shout he is going to be paying. If you are at a Pub another common phrase to hear is “**he’s blotto**”...Yeah don’t buy that guy another drink he’s already had too many!

“**Put some snags on the barbie**” – This is a statement you many hear when attending a barbeque. Snags are sausages or bratwursts.

Missing home and you are looking for a Golden Arches (McDonalds) to eat, ask for a “**Macca’s**” for the fast food burger joint. Yes, they are found in Australia.

If you really get stuck trying to speak “Aussie”, always say hello by saying “**G’day**” and had add “**mate**” to the end of every sentence.

The opening phrase, “**Crikey, Mate, Our Aussie Lingo Has Gone Walkabout**”, refers the Australians fear their slang could be disappearing in this age of social world connections. In 2017,

a popular meat-pie company ran a “Save our Slang” advertising campaign, printing local slang words on the packaging of its products. It was a very popular campaign.

Now, let us see how you did on the Slang Quiz.

(Go over the Slang quiz with your audience.)

Famous Aussies...besides Hugh Jackman, Nicole Kidman, or Crocodile Dundee.

“Mate, he/she is that great, really great” The following selections are a few of the great Australians who have been an integral part in making their country unique and special. They represent trailblazers, those stepping into the unknown or doing something for the first time.

In the summer of 1851 Sydney native, **Edward Hargraves** returned from some wretched prospecting in California to try his luck back home in Australia. The countryside around Bathurst caught his eye so he set up his wooden cradle in Lewis Ponds Creek and started panning. Wow! Gold. G-O-L-D! Soon 300 eager diggers were on site and the rush was on. By 1870 Australia’s population went from 400,000 to 1.6 million. Melbourne became the center of wealth of the new rich “Australians”.

A tough woman, **Edith Conwan** with a compassionate calling was born in 1861. She was only seven when her mother died and just a teenager when her father was hanged for killing his second wife. Young Edith left school and became a pioneer for women’s and children’s rights. In 1921 she won election as the first woman in Australia to enter Parliament. Two of her most important legacies were giving women financial security after a divorce and setting up the Children’s Protection Society. In honor of her significance in Australian history today a university and her portrait are on the \$50 note.

Sir Howard Florey is the man who saved millions. Born in Adelaide in 1898, he went on to study medicine where he latched on to the findings of a Scottish professor who had discovered that mold produced a natural antibiotic. Florey was convinced that this mold “penicillin” could be used to stop infections and cure the injured. It was through his experiments with the mold that in 1940 that penicillin began being used on wounded Allied soldiers in World War II. The use of penicillin spared the injured from amputations and saved countless lives. He was awarded the Nobel Prize for his work, one of only 14 Australians in history.

Cyril Callister is the man who “puts a rose in every cheek”. Callister became a food technologist and in 1922 he was given the task to make use of the yeast, rich in vitamin B and left over from brewing companies. He added celery, salt and onion and came up with a black muck that looked

like axle grease, but apparently tasted much better. After an uncertain start, locals developed a craving for the paste. Today Vegemite can be found in the cupboards of 80 percent of Australian households, with 20 million jars sold each year.

In the early 20th Century polio epidemics among children rattled the world. Doctors believed those affected should be put in splints, keeping their legs locked. But **Sister Elizabeth Kenny**, a bush nurse with no formal qualifications, believed hot towels, massage and exercise were the key. It worked! Despite the establishment dismissing her theories, she cured hundreds of children across Australia and then did the same in the US, where she was named America's Most Admired Woman in 1952.

This has been a very minute selection of famous Australians today. "Greatness is never given. It must be earned." Over the past 230 years some exceptional Australians have helped to steer Australia towards where it is now as a country and how the population see themselves as a people.

(At this time have your audience share any experiences or know of folks from Australia or travels to the countries)

Australian Cuisine – Then and Now

Before the arrival of the First Fleet of Europeans at Sydney in 1788, Indigenous Australians survived off the often-unique native flora and fauna of the Bush, for between 40,000 and 60,000 years. It is understood that up to 5000 species of flora and fauna were eaten by the Indigenous people. Hunting of kangaroo, and emu were common. Other foods widely consumed included bogong moths, witchetty grubs, lizards and snakes. Bush berries, fruits and honeys were also used.

Resource availability and dietary make-up varied from region to region—desert dwellers could constantly on the move to find new foods, while other tribal districts allowed relatively fixed positioning. Fish were caught using technologies such as spears, hooks and traps. Food preparation techniques also varied, however, a common cooking technique was for the carcass to be thrown directly onto the camp fire to be roasted.

Native foods sources were used to supplement the early colonist's diet following the arrival of the First Fleet in Botany Bay on January 18, 1788.

As the British settlers began arriving, their diets consisted of bread, salted meat, and tea, with lashings of rum (from the West Indies, but which was later made from the waste cane of the sugar industry in Queensland). The settlers found some familiar game in Australia such as swan, goose, pigeon and fish, but the new settlers often had difficulty adjusting to the prospect of native fauna as

a staple diet. They set about establishing agricultural industries producing more familiar Western style produce.

Farming of Australia

Australian agriculture became a major global producer and supplied an abundance of fresh produce for the local market.

Today fresh produce is readily available, and this used extensively, and the trend is towards low-salt, low fat healthy cookery incorporating lean meat and lightly cooked, colorful, steamed or stir-fried vegetables. With most of the Australian population residing in coastal areas, fish and seafood is popular.

Billy tea is the drink prepared by the ill-fated swagman in the popular Australian folksong, “Waltzing Matilda”. Boiling water for tea over a camp fire and adding a gum leaf for flavoring remains an iconic traditional Australian method for preparing tea.

Stock grazing (mostly sheep and cattle) are prevalent throughout the continent. Queensland and New South Wales became Australia’s main beef cattle producers, while dairy cattle farming found in the southern states, predominately in Victoria.

Wheat and other grain crops are spread fairly evenly throughout the mainland states. Sugar cane is a major crop in Queensland and New South Wales. Fruit and vegetables are grown throughout Australia.

(Handouts of Australian foods for the audience, plus samples of Lamington cake and vegemite)

Conclusion

Ask an Australian what makes Australia so special for him or her the answer will be:

“We are blessed by being able to live in peace in a real democracy where tolerance is shown by most mates. A stanza from a poem by Dorothea Mackeller best describes the aura of my great country:

I love a sunburnt country. A land of sweeping plains. Of ragged mountain range, of drought and flooding rains. I love her far horizons. I love her jewel sea. Her beauty and her terror – The wide brown land for me.”

Resources

www.australianflag.net.au

<http://en.wikipedia.org/wiki/flagofAustralia>

www.activewild.com

www.csiro.au/helix

www.owlcation.com

www.animalaustralia.org

www.outback-australia-travel-secrets.com

www.wikipedia.org/wiki/floraofaustralia

www.wikipedia.org/wiki/faunaofaustralia

www.aussiespecialist.com

www.wikipedia.org/wiki/australia_cuisine

www.movingtoaustralia.com

www.taste.com

www.nomadsworld.com

<https://studt.com/academy/lesson/famous-australian-fairy-tales.html>

www.infopleae.com/aboriginal-australia

History of Australia

Finding Botany Bay

Australia Flora

Some of the most common plants/trees:

Conifers, Ferns, Cacti, Birch and Orchids

Common Names of flora:

Tasmanian Button grass	Iris	Kangaroo Paws	Palms
Waratah (macadamia)	Acacia	Tea Tree	Gum Tree
Cassia	Peas	Golden	
Wattle	Daisies		
Sandalwood	Ferns	Various wildflowers	
Fungi			
Bottlebrush	Bankaias	Palm Valley	
Myrtle	Culitvars		

Aussie Lingo Quiz

Can You Speak Australian Slang?

(Match the slang term with its meaning)

- | | |
|------------|------------------------|
| 1. G'day | A. ____ A silly person |
| 2. Mate | B. ____ Barbeque |
| 3. Dinkum | C. ____ Excellent |
| 4. Ocker | D. ____ Aussie Soldier |
| 5. Yonks | E. ____ A talk |
| 6. Noggin | F. ____ Swimwear |
| 7. Drongo | G. ____ Afternoon |
| 8. Furphy | H. ____ Rumor |
| 9. Chinwag | I. ____ Goodbye |
| 10. Barbie | J. ____ A Long Time |
| 11. Gander | K. ____ Suspicious |
| 12. Digger | L. ____ Have a look |
| 13. Nuddy | M. ____ A Real Aussie |
| 14. Bloke | N. ____ Woman |
| 15. Arvo | O. ____ Head |
| 16. Shiela | P. ____ Nude |
| 17. Togs | Q. ____ Hello |
| 18. Iffy | R. ____ Man |
| 19. Bonzer | S. ____ Friend |
| 20. Hooroo | T. ____ True |

Answer Key to the Aussie Lingo Quiz:

A. A silly person	Drongo	7	
B. Barbeque	Barbie	10	
C. Excellent	Bonzer	19	
D. Aussie Soldier	Digger	12	
E. A talk	Chinwag	9	
F. Swimwear	Togs	17	
G. Afternoon	Arvo	15	
H. Rumor	Furphy	8	
I. Goodbye	Hooroo	20	
J. A long time	Yonks	5	
K. Suspicious	Iffy	18	
L. Have a look	Gander	11	
M. A Real Aussie	Ocker	4	
N. Woman	Shiela	16	
O. Head	Noggin		6
P. Nude	Nuddy	13	
Q. Hello	G'day	1	
R. Man	Bloke	14	
S. Friend	Mate	2	
T. True	Dinkum	3	

Australia Fauna

Marsupials	Koala	Wombat	Kangaroo	Wallaby
Platypus	Echidna	Crocodile	Emu	Dingo
Tasmanian devil	Quoll	Monotreme	Greater Bilby	
Kookaburra	Cassowary	Macropods	Greater Sage Grouse	
Goanna	Mangabey			
Dugong	Cane toad	Red Kangaroo	Thorny Devil	Thylacine
Friiled-neck Lizard	Flying Fox	Feral	Lyrebird	Taipan
Redneck Spider	Petaurus	Bushtail Possum	Great White Shark	Tiger Snake
Blue-tongued Shink	Camel	Bandicoot	Sugar Glider	Numbat
Caracal		Southern Corroboree Frog		

AUSTRALIAN FOOD LIST

Traditional and Iconic Foods

Witchetty grubs

Emu

Damper (soda bread)

Weet-Bix

Pavlova

Hamburger “With the lot”

Roast lamb – National dish

Bar-b-que sausage (snags) in bread

Fairy bread

Violet crumble

Jaffas

Musk Sticks

Lemon Delicious Pudding

Milo (chocolate and malt powder)

Splice

Anzac biscuits (cookies)

Macadamia nuts

Pea and ham soup

Lamingtons

Meat pie

Fish and chips

Vegemite

Sausage Sanger

Tim Tam

Cherry ripe

Chiko Roll

Aeroplane Jelly

Melba Toast

Neenish Tart

Fruits – Bush Foods (Bush tucker)

Quandong (native peach)

Wattleseed

Muntries/Munthari berry

Illawarra plums

Riberry

Native raspberries

Lilly pillies

Fruits – Farmed

Apples

Bananas

Plums

Kiwi

Oranges

Apricots

Mangos

Pears

Grapes

Nectarines
(pawpaw)

Melons

Papaya

Pineapple

Passionfruit

Berries

Vegetables - Farmed

Artichoke

Asparagus

Bean Shoots

Beetroot

Broccoli

Cabbage

Cauliflower

Cucumber

Leek

Lettuce

Mushrooms

Peas

Rhubarb

Spinach

Capsicum

Eggplant

Squash

Tomato

Zucchini

Meats

Beef	Lamb	Kangaroo
Crocodile	Emu	Snake
Lizard	Wallaby	

Seafood

-Wild Caught-

Lobster	Prawns	Tuna
Salmon	Abalone	King George
Whiting		
Moreton Bay Bug	Mud Crab	Jewfish
Dhufish	Yabby	Flathead

Seafood

-Farmed-

Oysters	Mussels	Barramundi
Salmon	Southern Bluefin Tuna	Mussels
Yellowtail	Kingfish	Freshwater
Finfish		
Prawns		

Beverages

Wine

Beers

Coffee

Rum

Dairy

Milk

Cheeses

Yoghurt

Cream

Butter

Sweets

Pavlova

Lamingtons

Neenish Tart

Splice