

Bush Tucker Garden

Focus Questions

1. Retell the BTN *Bush Tucker Garden* story using your own words.
2. What are warrigal greens? A type of...
 - a. Spinach
 - b. Bean
 - c. Lettuce
3. Warrigal greens have to be cooked before you eat them. True or false?
4. What other plants are the kids growing in their Indigenous edible garden.
5. How many different types of native foods are there in Australia?
6. How long have Aboriginal and Torres Strait Islander people have been growing and harvesting native plants?
7. Other than for eating, how else are native plants used?
8. What are the kids making with the Indigenous ingredients?
9. In your own words describe what bush tucker is.
10. What did you like about the BTN story?

Activity

What do you see, think and wonder?

After watching the BTN *Bush Tucker Garden* story, students will respond to the following questions:

- What did you SEE in this video?
- What do you THINK about what you saw in this video?
- What did you LEARN from this story?
- What was SURPRISING about this story?
- What QUESTIONS do you have about this story?

Activity

Class Discussion

Discuss the BTN *Bush Tucker Garden* story as a class, using the following questions to guide the discussion.

- What is bush tucker?
- Have you tried bush tucker?
- Can you name some bush tucker?
- Do you know how Aboriginal and Torres Strait Islander people collect and prepare bush food?



Key Learning

Students will learn more about bush tucker and test their knowledge with the What am I? game.

Curriculum

Geography – Year 4

The custodial responsibility Aboriginal and Torres Strait Islander Peoples have for Country/Place, and how this influences their past and present views about the use of resources.

Science – Year 4

Living things, including plants and animals, depend on each other and the environment to survive.

Science – Year 5

Scientific knowledge is used to inform personal and community decisions.

Science – Year 6

The growth and survival of living things are affected by the physical conditions of their environment.

Important contributions to the advancement of science have been made by people from a range of cultures.

Activity

Research Project: Bush Tucker Species

Students will choose a bush tucker plant and create a profile. They can use the following structure to help guide their research.

Research project – Bush Tucker	
Scientific and common name	
Describe its appearance What does it look like (shape, size, colour, special features)?	
Locate where this species can be found using Google Maps <i>Name the traditional custodians of this land</i>	
How is the plant used?	
What does it taste like? How is it eaten?	
Photograph or illustration	

Activity

Create your own bush tucker garden

Students create their own garden at school or home. Watch the [Making a garden for kids video](#) for inspiration. Brainstorm possible garden designs and locations. Things to consider when designing a garden include position, type of soil and how much water the plants will need, then find edible plants that are native to the area. Students will need to consider how easy the plants are to obtain and the size of the plants – how large will they grow (how much space is available for the garden). Think about signage for the garden or an information brochure.

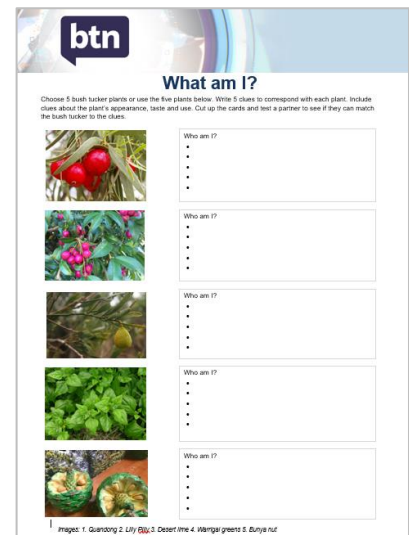


Activity

Bush Tucker – What am I?

Students will make their own *What am I?* game to learn more about bush tucker. To create the game, they will need to do the following:

- Research and write 5 clues to correspond with each Indigenous food in the *What am I?* worksheet at the end of this activity, with the first clue being the hardest and the last clue being the easiest.
- Include clues about the plant's special features.
- Students will test their game on a partner



Activity

Bush Tucker Recipes

Students in the BTN story grow their own bush tucker and then cook with the plants to create delicious food. Below are some of their recipes. Students can research other recipes that feature bush food ingredients and create a class bush tucker cookbook.

WATTLESEED DAMPER

Ingredients	What to do
1 Cup Self Raising Flour ½ tsp salt 20g butter 1 tsp Roasted Ground Wattle seed 1/3 cup milk	1. Preheat the oven to 200C 2. Measure and place flour in the large bowl with the salt 3. Cut the butter into cubes and rub into the flour 4. Make a well in the centre of the flour and add the milk. 5. Stir gently until combined, then knead for a few minutes. 6. Pat into a flat ball and place on the lined baking tray. 7. Cut slits in the top and brush with a little milk. 8. Bake in the oven for about 30 minutes 9. Remove from the oven and allow to cool a little. 10. Divide between 4 serving plates.

WARRIGAL GREENS & FETA TRIANGLES

Ingredients	What to do
4 frozen puff pastry sheets	1. Preheat oven to 200°C
2 large handfuls of Warrigal Greens	2. Wash Warrigal Greens in the sink.
2 spring onions	3. Remove stalks
60g feta cheese	4. Roll up the green leaves and slice finely. Place in large saucepan with ½ cup water and put on stove on medium heat.
60g mature cheese	5. Cook leaves until wilted (about 3 minutes)
1 egg	6. Remove saucepan from stove and carefully tip Warrigal Greens into the colander over the sink.
½ teaspoon nutmeg	7. Use wooden spoon to gently press the Warrigal Greens to remove excess moisture, then tip the leaves into large mixing bowl.
salt	8. Peel and finely chop the onion. Add to the mixing bowl.
pepper	9. Grate the mature cheese and add to the bowl.
	10. Crumble the feta cheese into the bowl and mix well. Crack egg into bowl and mix well.
	11. Add the nutmeg and a sprinkle of salt and grinding of pepper. Mix well.
	12. Spread the pastry sheets out on the bench so they defrost.
	13. Line 2 baking trays with baking paper.
	14. Place a sheet of pastry on a chopping board and carefully cut the pastry into columns each way – so that you have 9 squares.
	15. Brush 2 adjoining edges of each square with a little water. This will help the edges stick together.
	16. Place a teaspoonful of the Warrigal Greens mixture onto each square. Carefully fold the corner over to make a triangle and press edges together. Place on baking tray.
	17. When all triangles are done, place tray in oven for about 20 minutes or until golden.

Activity

Bush Tucker - Museum in a Box

The Bush Tucker – Museum in a Box from the Australian Museum examines the ways in which First Nations people use different methods to find, collect and process food. The box contains bush food specimens, bush smells, bush tucker environment posters, activity cards and books. Find out more information [here](#).



Useful Websites

Bush Tucker – BTN

<https://www.abc.net.au/btn/classroom/bush-tucker/10532360>

Bush Food – BTN

<https://www.abc.net.au/btn/classroom/bush-food/10530342>

Australian bush tucker industry push to transform native foods for international consumption – ABC News

<https://www.abc.net.au/news/2019-11-17/native-bush-foods-australian-bush-tucker-going-global/11658008>

Indigenous community starts harvesting red bush apple that has high-end restaurants lining up – ABC News

<https://www.abc.net.au/news/rural/2019-11-21/attica-restaurant-lines-up-for-taste-of-indigenous-bush-apple/11713876>

Making a garden for kids – ABC Education

<http://education.abc.net.au/home#!/media/30771/?id=30771>

What am I?

Choose 5 bush tucker plants or use the five plants below. Write 5 clues to correspond with each plant. Include clues about the plant's appearance, taste and use. Cut up the cards and test a partner to see if they can match the bush tucker to the clues.



What am I?

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What am I?

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What am I?

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What am I?

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What am I?

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Images: 1. Quandong 2. Lilly Pilly 3. Desert lime 4. Warrigal greens 5. Bunya nut