

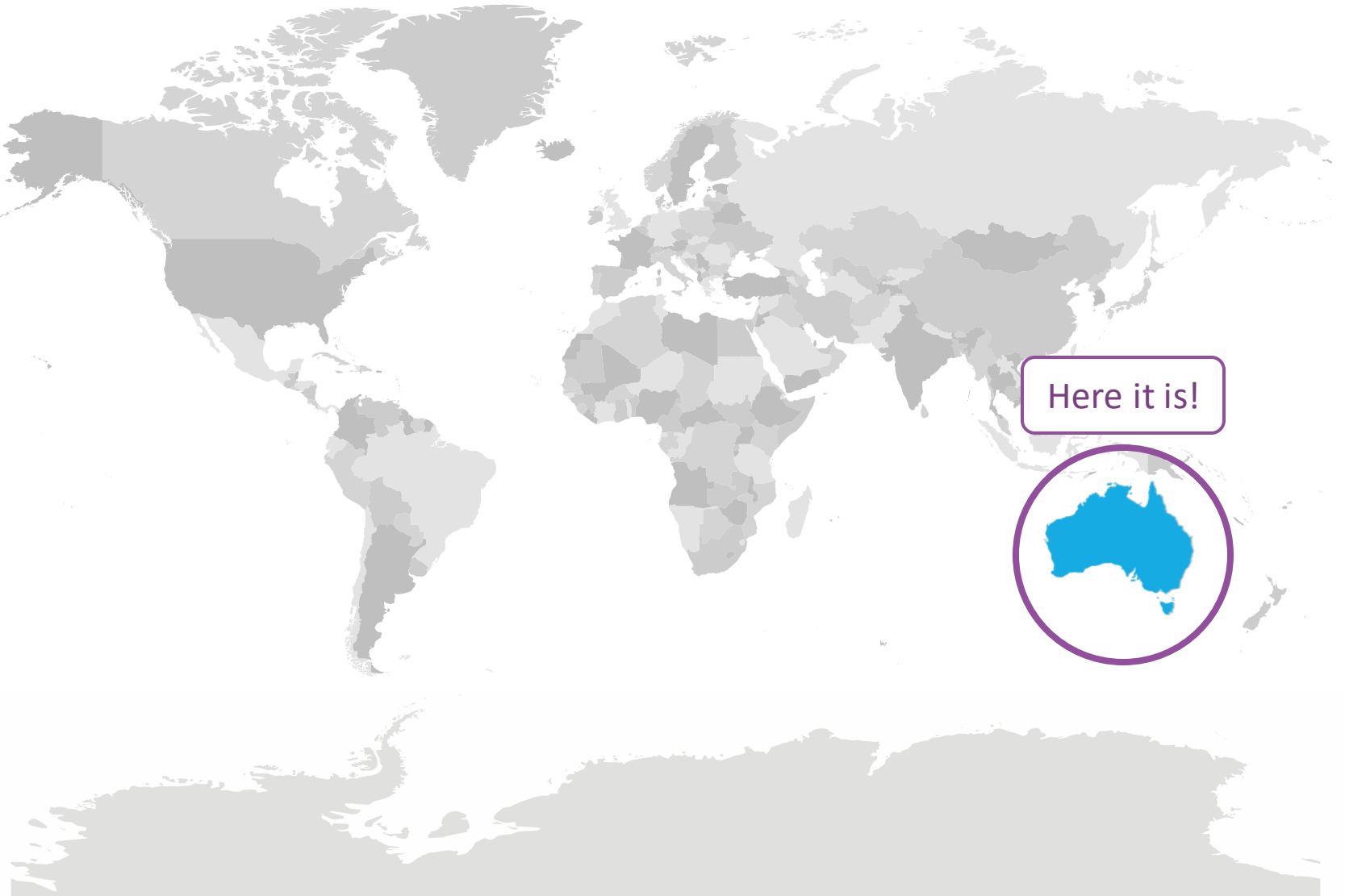
Foods from Australia



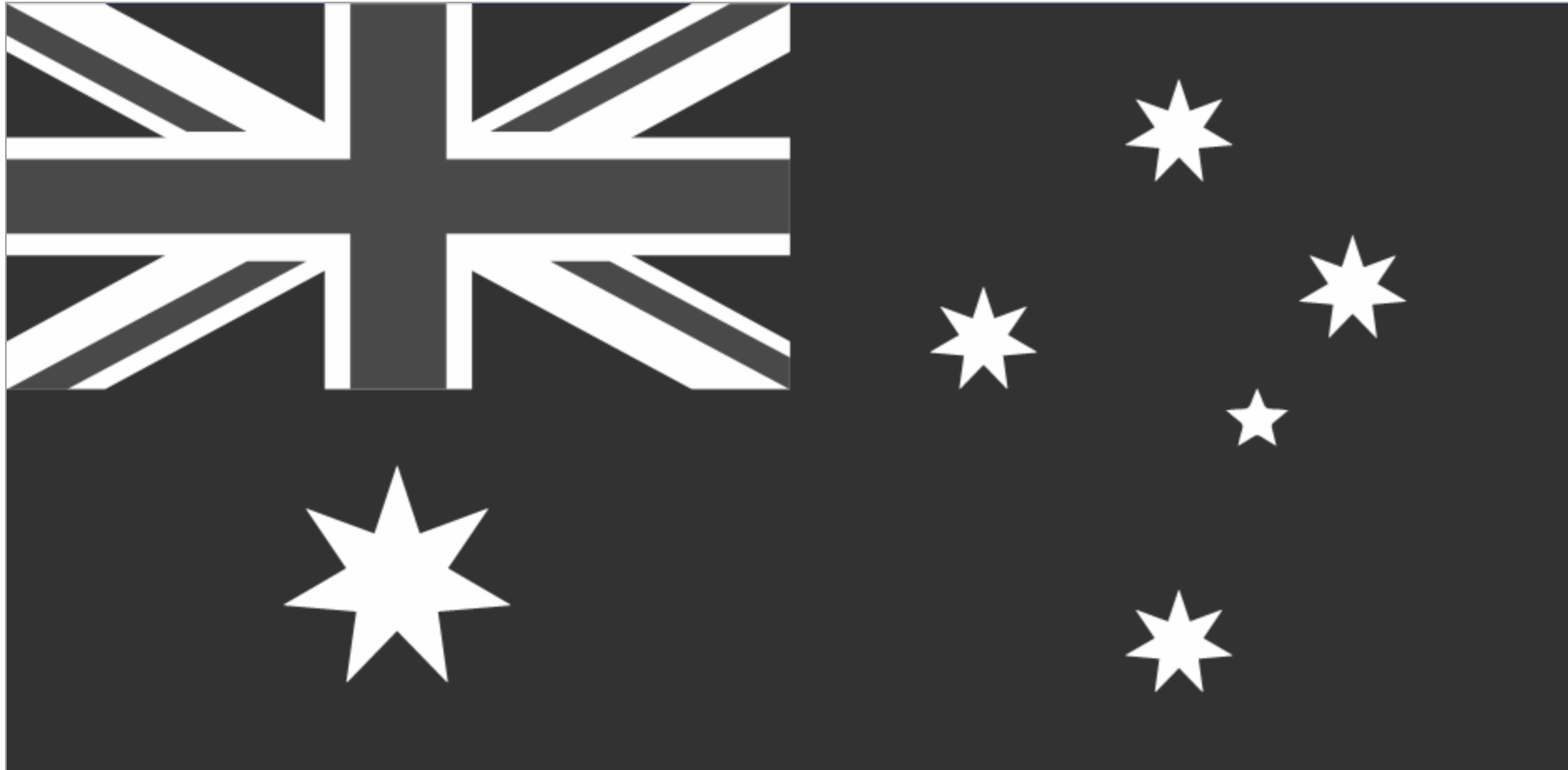
Let's learn about Australia



Where is Australia?



Flag of Australia








Have you tried Australian food before?



APPETIZERS

Chips (French fries)	\$8
Mini Meat Pies <i>Choose: beef, kangaroo meat, or chicken</i>	\$12

MAIN DISHES

 Kangaroo steak <i>with vegetables</i>	\$18
 Beef steak <i>with vegetables</i>	\$22
 Kangaroo burger <i>with chips</i>	\$18
 Cheese burger (beef) <i>with chips</i>	\$20
 Veggie burger <i>with chips</i>	\$15

DESSERTS

 Lamingtons	\$6
 Anzac biscuits	\$4
 Fairy bread	\$3

DRINKS

Cola, Juice, Lemonade	\$2
English Brekkie / Earl Grey / Chamomile Tea	\$3
Long Black (Café Americano)	\$3
Latte	\$4
Piccolo (Strong latte)	\$4

Here are some Australian foods:



Kangaroo Steak



Anzac Biscuits



Lamingtons

All about Australia



Where is Australia?

Australia is an island country. It is between the Pacific Ocean and the Indian Ocean.

What is Australia famous for?

It is famous for its animals such as koalas, emus, and kangaroos.



Kangaroo Steak



Who are the Aboriginal people?



The Aboriginal people were the first people to live in Australia. Some still live in the Outback. Many Aboriginal people eat kangaroo.

When did it become common for most Australians to eat kangaroo meat?



Eating kangaroo only became more common in the last twenty years.

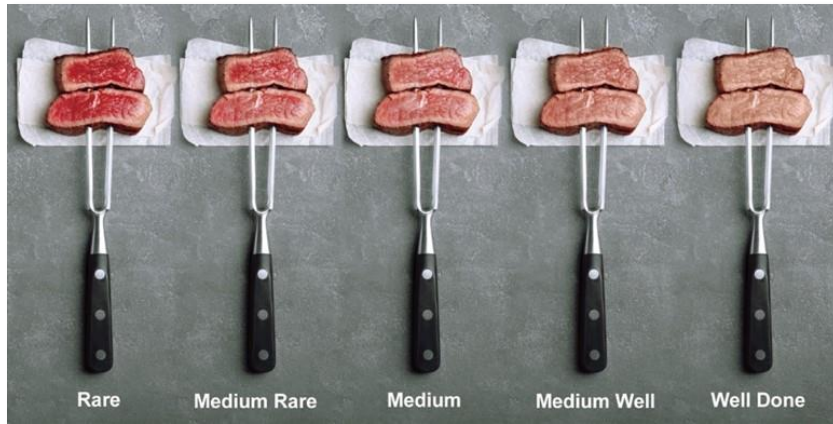


Kangaroo Steak

What is kangaroo meat like?



- It can dry out quickly, so you should not cook it for too long.
- Kangaroo steak is full of flavor. Most people say it tastes rich like the meat from wild animals.



Where can you buy kangaroo meat?



You can buy it at the supermarket and in restaurants.



Anzac Biscuits

What are the ingredients of Anzac biscuits?

Today they are made with flour, oats, golden syrup, sugar, butter, and dried coconut. But in the past they did not have oats in them.



Why did people start to make Anzac biscuits?

Not a lot of food was available during the war. The biscuits were made from ingredients that could be easily found at home. Eggs were not easily available at this time. So, golden syrup was used instead. This helped keep all the ingredients together.



How did Anzac biscuits get their name?

These famous biscuits get their name from the Australian and New Zealand Army Corps (ANZAC).



Anzac Biscuits

What did women do with Anzac biscuits during World War I?

Golden syrup also made the biscuits strong enough to send overseas. The women at home sent the soldiers packages with Anzac biscuits in them.



What is Anzac Day?

Anzac Day on April 25th honors the people who were in the wars. Most people make or buy Anzac biscuits around Anzac Day.



Lamingtons

What are lamingtons?

Lamingtons are made from squares of butter cake or soft cake. The square of cake is coated in a layer of chocolate sauce. It is then rolled in dried coconut.

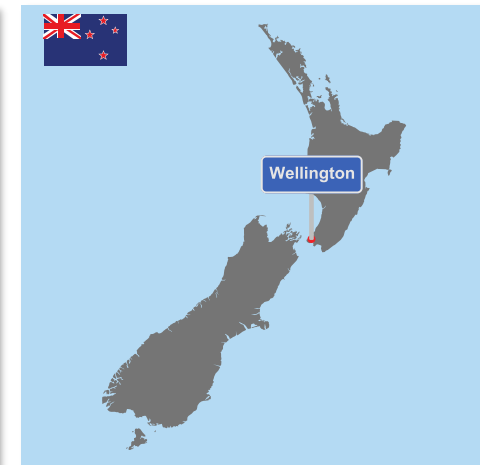


Why might some people think the lamington is from New Zealand?

This is because of a story in a newspaper. The story was printed on April 1st, 2014. The story said this popular cake was really from New Zealand. The story said the cake was known as a Wellington. But this story was a joke!

What is a story about the origin of lamingtons?

One story says that Lord Lamington's chef first made this famous cake. The chef had to feed some guests. He only had a few ingredients to use. So, he cut up some cake. He dipped the pieces of cake in chocolate sauce. He then put dried coconut on top of them.



New Words



❖ **Aboriginal** *adj.*

The **Aboriginal** people of Australia do special dances.
★ of or relating to the native people of Australia



❖ **chewy** *adj.*

I love **chewy** fruit candy.
★ needing to be moved around with the teeth and tongue for a long time before swallowing

New Words



❖ **coast** *n.*

The road runs along the **coast** of California.
★ an area of land next to the sea



❖ **continent** *n.*

Asia is the largest **continent** in the world.
★ one of the earth's seven largest areas of land

New Words



❖ **crispy** *adj.*

The fried chicken I ate for lunch was very **crispy**.
★ making a cracking noise when you bite it



❖ **guest** *n.*

Joe's **guests** brought gifts when they visited his house.
★ someone who you have invited to your home, for a party, a meal, or to stay the night

New Words



❖ interior *n.*

The **interior** of Australia is a very large area of dry land.
★ the part of a country that is far from the coast



❖ overseas *adv.*

Many people travel **overseas** when they are young.
★ in or to a foreign country that is across a sea or ocean

New Words



❖ **protein** *n.*

Foods like eggs, meat, and beans are high in **protein**.
★ something found in foods that is an important part of the human diet



❖ **state** *n.*

The United States is divided into fifty **states**.
★ an area of land that has a government and is part of a group that together make up a country

Reading Quiz

1. Many Aboriginal people eat _____ meat.

 (a) kangaroo

(b) koala

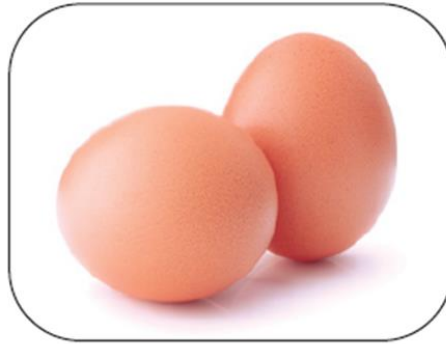
(c) emu

2. Anzac biscuit recipes do not have _____ in them.

(a)



(b)



(c)



3. Which food does not have a special day for it in Australia?

(a)



(b)



(c)



Reading Quiz

4. It is illegal to eat kangaroo meat in South Australia.

True


False

Reading Quiz

5. Anzac biscuits have a layer of jam in the middle.

True

False



6. Lamingtons are called Wellingtons in New Zealand.

True


False