



## **EPISODE 2: 1998: MOHAMMED**

Unit focus: History

Year level: Years 3–6

### **EPISODE CLIP: RAMADAN**

#### **ACTIVITY 5: FASTING**

Subthemes: Culture; Customs and traditions; Food

Fasting is an important part of religious observances during the month of Ramadan. Participants eat before the sun comes up and after it goes down for an entire month. Families must prepare special foods that will sustain them throughout the day.

#### **Discover**

- Encourage students to find out more about the special foods prepared for Ramadan. Ask them to research recipes and list the ingredients. Find the origin of any unknown ingredients and if they are used by any other cultures for special occasions.
- Discuss 'fasting' and its effects on people, particularly young people. Ask the class if they know of other religions and cultures that observe fasting.
- List other Islamic customs. Some suggestions could be women wearing a veil, pilgrimages to Mecca, and praying rituals. Compare these with practices from other cultures.

#### **Reflect**

- Ask students to respond to the following focus questions:
  - 1 What types of foods are eaten during Ramadan?
  - 2 Who prepares the food for Ramadan?
  - 3 Why are there restrictions on the times food can be eaten?
  - 4 When can people break their fast? (This question relates to Mohammed's grandmother asking whether he will be able to eat before his cricket tryouts.)
  - 5 How do families celebrate the end of Ramadan?
- Students share their findings in an oral presentation to the class.

#### **Download**

Student Activity Sheet H2.5: Fasting during Ramadan



## **EPISODE 3: 1988: LILY**

Unit focus: History

Year level: Years 3–6

### **EPISODE CLIP: FOOD AND CHORES**

#### **ACTIVITY 2: VIETNAMESE FOOD**

**Subthemes: Chores, business and employment; Customs and traditions; Food**

Vietnamese food is diverse, colourful, creative and very inspirational. The cultural diversity of the regions of Vietnam is reflected in the food. Most Vietnamese dishes are created with five main tastes: spicy, salty, sweet, sour and bitter.

#### **Discover**

- Ask students to investigate the unique styles of Vietnamese cooking. Refer to 'Vietnamese cuisine' on Wikipedia, [http://en.wikipedia.org/wiki/Vietnamese\\_cuisine](http://en.wikipedia.org/wiki/Vietnamese_cuisine)
- Ask students to find at least three Vietnamese recipes, online or in cookbooks. They should research the origins of these recipes and share their research with the class. In the clip, Lily and Phoung are making rice paper rolls for the restaurant. Ask students to find the recipe for this dish and make some to share.

#### **Reflect**

- The recipes and introductions could be collated into a class Vietnamese recipe booklet to celebrate *Tết*, which falls during the full moon prior to the spring planting, usually in late January to mid-February. *Tết* began as a festival to pray for a good year.
- The booklet can be presented electronically or on paper and shared.

#### **Download**

- Student Activity Sheet H3.2: Three recipes



## **EPISODE 11: 1908: EVELYN**

Unit focus: History

Year level: Years 3–6

### **EPISODE CLIP: MR WONG'S EMPORIUM**

#### **ACTIVITY 7: THE PRICE OF BREAD**

Subthemes: Currency; Food

##### **Discover**

- What did a loaf of bread cost back then? In pairs, students research the cost of everyday essential items like bread and milk in the early 1900s, and compare it to the cost of the same items today. Ask students to conduct an online search and utilise reference books in the library.
- Students can develop a cost-comparison chart by listing the items they have researched and converting the pre-decimal amounts into decimal currency. They can use the list on the template provided in Student Activity Sheet H11.7 and add other items if they wish. On the chart, include images of actual advertisements for these commodities.

##### **Download**

- Student Activity Sheet H11.7: Comparing prices



## **EPISODE 13: 1888: VICTORIA**

Unit focus: History

Year level: Years 3–6

### **EPISODE CLIP: VICTORIA'S FAMILY SUPPER**

#### **ACTIVITY 6: FOOD FOR THOUGHT**

**Subthemes: Food; Social order and education**

Self-sufficiency is depicted in the story of Victoria's family through the freehold they maintain in their backyard. What they grew and nurtured is what they ate.

#### **Discover**

- 'What is in their garden and what is in your garden?' A comparative look at the type of food available in 1888 and in present times. Discuss the contents of Victoria's family garden. Using an A3 sheet of paper divided into four parts labelled:
  - 1 Garden
  - 2 Store bought
  - 3 Livestock
  - 4 Other.
- Ask students to write the type of food grown, commodities available for purchase, livestock kept in residential areas and other items necessary for life in 1888.
- Make a similar poster to depict where and how students obtain their food today.

#### **Reflect**

- 'What are the obvious differences in food origins and food consumption between the two eras?'

#### **Download**

- Student Activity Sheet H13.7: Where does food come from?



Name: \_\_\_\_\_

Student Activity Sheet H2.5  
Activity 5: Fasting

Episode 2: 1998: Mohammed  
Clip: Ramadan

## Fasting during Ramadan

1 Research the topic of fasting during Ramadan and then respond to the following focus questions. Share your findings with an oral presentation to the class.

a What types of foods are eaten during Ramadan?

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b Who prepares the food for Ramadan?

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c Why are there restrictions on the times food can be eaten?

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d When can people break their fast? (This question relates back to Mohammed's grandmother asking whether he will be able to eat before his cricket tryouts.)

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e How do families celebrate the end of Ramadan?

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Name: \_\_\_\_\_

Student Activity Sheet H3.2  
Activity 2: Vietnamese food

Episode 3: 1988: Lily  
Clip: Food and chores

### Three recipes

- 1 Research online or in cookbooks to locate at least three different Vietnamese food recipes.
- 2 Find out about the origins and cultural significance of these recipes and make some fact cards about Vietnamese food.
- 3 Your three recipes can be presented as an online booklet or on paper. Use the table below to draft your recipes and diagrams.

Recipe 1	Recipe 2	Recipe 3



Name: \_\_\_\_\_

Student Activity Sheet H11.7  
Activity 7: The price of bread

Episode 11: 1908: Evelyn  
Clip: Mr Wong's Emporium

### Comparing prices

Check the cost of the items below by researching online or at your school or local library.

Item	Cost in 1900	Cost in 2009
Loaf of bread		
Carton or bottle of milk		
Chocolate bar		
Bag of flour		
Packet of sugar		



Name: \_\_\_\_\_

Student Activity Sheet H13.7  
Activity 6: Food for thought

Episode 13: 1888: Victoria  
Clip 2: Victoria's family supper

### Where does food come from?

What are the commonalities and differences between food origins of 1888 and 2010?

Food origins	Commonalities: 1888–2010	Differences: 1888–2010
Garden		
Store bought		
Livestock		
Other commodities		