

Changing eating habits

The eating habits of Australians have changed a lot over time. Migrants have brought a great variety of different foods and tastes.

In the 1950s many Australians considered spaghetti bolognese and garlic unusual. Today, Australians eat a variety of foods from all over the world.

Ask your parents and grandparents what sort of food they ate as children.



Australian Government

Department of Immigration and
Multicultural and Indigenous Affairs

Classroom activities

- 1 Make a list of all the meals you had at home last week. Where did these dishes originate?
- 2 Make a list of vegetables and their countries of origin.
- 3 What are some of the different types of restaurants that you have been to?
- 4 Find out what foods are eaten on special occasions such as Christmas, Easter, Chinese New Year, Ramadan, Hanukkah, Diwali.
- 5 Find recipes and make some of these: damper, guacamole, Anzac biscuits, lamingtons, fried rice, tacos.



Staple foods

A staple food is one regularly used in someone's diet. It is usually a carbohydrate.

Pasta and potatoes are staple foods in many countries.

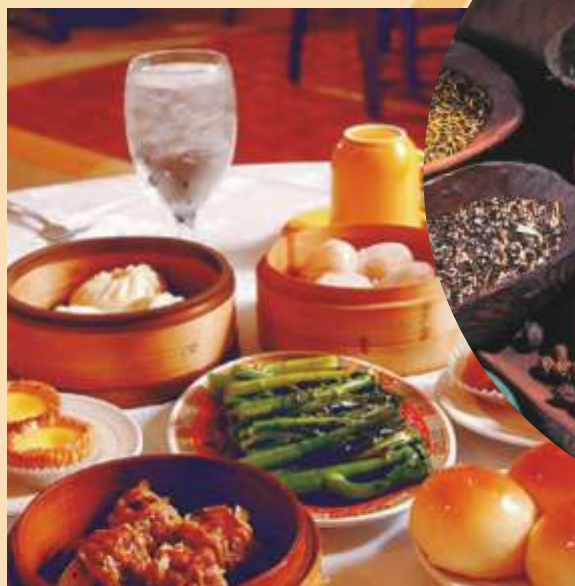
Maize is another staple, as is couscous, a wheat product used in North African cooking.

Rice is a staple for about half the world's population. Today, many Australians eat rice as part of their diet.

Chinese restaurants

Chinese food has been popular in Australia for generations.

Some country towns have had a local Chinese restaurant since the gold rush in the 1850s.



Bush tucker

Indigenous Australians have used native plants as a source of food for thousands of years.

The Australian bush contains a rich variety of bush foods such as lilly-pilly berries, quandong (a native peach), and bush tomatoes.

