

FOOD AND NUTRITION AT THE QUEEN VICTORIA MARKET

INTRODUCTION TO FOOD AND NUTRITION AT THE QUEEN VICTORIA MARKET

On any full market day, shoppers can choose from 80 fruit and vegetable traders, 34 delicatessens, 24 butchers, 11 fishmongers, and around 650 general merchandise traders. Stalls are still paid for by traders on a daily basis.

The food pyramid is a guideline for the ratios of food types to be consumed daily in a healthy diet.

A balanced diet consists of a variety of foods across the food groups.

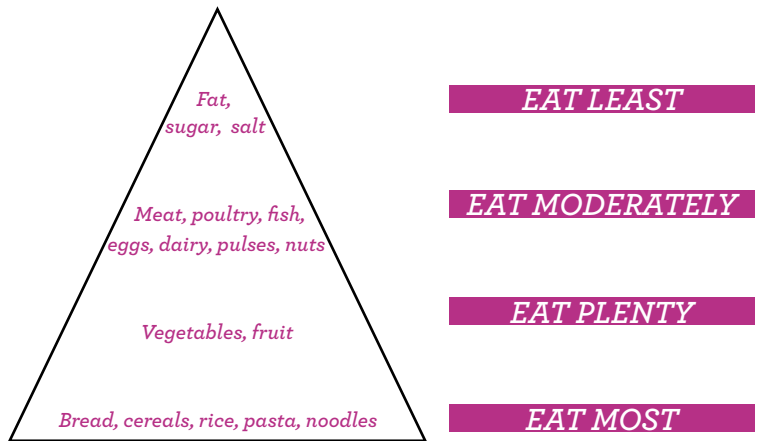
What are the main types of food sold at the Market?

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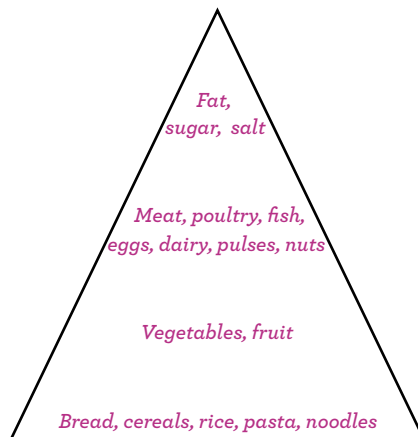
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FOOD PYRAMID

List what you have eaten today on the pyramid in the correct food group:



Eating food allows our body to maintain health, growth and energy. This is made possible with the basic nutrients available in the food.

What is nutrition?

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Food mainly consists of macronutrients, micronutrients and water. All these are essential factors for normal functioning of the body.

Macronutrients include carbohydrates, fats and proteins. List an example of a food sold at the Market that is high in each of the following:

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Carbohydrate:

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Fat:

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Protein:

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Micronutrients are vitamins and minerals. List as many vitamins and minerals that you know of:

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Nutritional requirements differ for each person; it depends on you age, sex, height, weight, activity and rate of growth.

Visit the Food Court to select a nutritious meal, what would you choose for lunch?

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What makes it nutritious?

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If a person's diet does not meet the requirements of nutrients necessary for growth and maintenance of the body, malnutrition or under nutrition is the result.

What would have been a less nutritious choice for lunch?

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What makes it nutritious?

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EATING AT THE QUEEN VICTORIA MARKET

The American Doughnut Kitchen has operated for over half a century and has become part of local tradition, being known for its hot jam doughnuts.

Where is the hot jam doughnut van located?

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How much does a hot jam doughnut cost?

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Where would a jam doughnut sit on the food pyramid?

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Foods high in sugar provide calories but not much in the way of nutrition. These foods include soft drinks, lollies and sweet desserts.

What is the recommended guideline on how much sugar to include in the diet?

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List 3 foods at the Market that are high in sugar:

1.

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2.

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3.

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Salt is a mineral made up of sodium and chloride. It is the main source of sodium in our diet and it is needed by the body to help regulate fluid levels.

List three items at the market that are high in salt:

1.
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2.
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3.
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The average Australian eats up to nine times more salt than is required for good health.

Locate a packaged product that is labelled 'no salt' or 'reduced salt'. What is the product?

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Foods high in salt include processed, fast, canned and snack foods.

The following foods are high in salt. Check which items below are sold at the Market:

- Pizza*
- Potato chips*
- Hot dogs*
- Salami*
- Cream corn*
- Instant pasta*
- Tomato sauce*
- Soy sauce*
- Bread rolls*
- Sausage*

Fat is an important part of a healthy diet as it protects organs, keeps us warm and helps the body absorb and move nutrients around. It also helps hormone production.

Which of the items above have a high fat content?

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Foods high in saturated fats include red meat, butter, cheese, and ice cream, as well as processed foods made with trans fat.

Where in the Market would you find products high in saturated and trans fats?

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Foods high in mono-unsaturated and polyunsaturated fats include vegetable oils, nuts, seeds, and fish.

Where in the Market would you find products high in mono-unsaturated and polyunsaturated fats?

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Foods high in mono-unsaturated and polyunsaturated fats include vegetable oils, nuts, seeds, and fish.

Where in the Market would you find products high in mono-unsaturated and polyunsaturated fats?

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The key to a healthy diet is to choose foods that have more mono-unsaturated and polyunsaturated fats.

Name an alternative product that is higher in mono-unsaturated and polyunsaturated fats:

..... *instead of butter*

..... *instead of steak*

THE DAIRY PRODUCE HALL AT THE QUEEN VICTORIA MARKET

The Dairy Produce Hall was the last building to be built on the lower part of the Market. It was constructed in 1929.

List 5 different products sold in the Dairy Produce Hall:

1.
2.
3.
4.
5.

Which of the above is your favourite product and why?

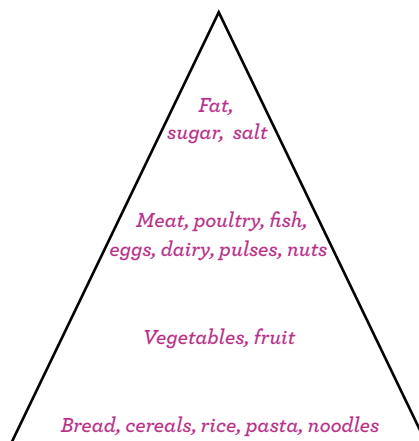
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Delicatessen originally was a term meaning “delicacies” or “fine foods” it changed to become the name of the store where these foods were sold and shortened to deli.

Choose a shop in the Dairy Produce Hall to see if you can find a product in each food group. Record your findings on the pyramid below:



Does the shop specialise in a particular food group?

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Many products sold in the Dairy Produce Hall are sold by weight.

Name one product sold by weight and the cost per kilo:

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List 5 different products sold in the Dairy Produce Hall:

1.....
2.....
3.....
4.....
5.....

Which of the above is your favourite product and why?

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In 1929 most stallholders were of English, Irish, Scottish or Welsh descent.

Find a product at the Dairy Produce Hall that is representative of one of these cultures:

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After 1945, Polish, Russians, Germans, Yugoslavs, Czechs and others settled in Melbourne.

Locate the following produce:

- Liverwurst*
- Smoked eel*
- Pickled cucumbers*
- Rye bread*
- Apple strudel*

In the 1950's and 1960's Melbourne became home to large numbers of Italians, Greeks and Turkish.

Find a shop that specialises in this food and describe the produce sold:

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Most recently Asian foods have emerged at the Market.

What evidence can you find that this is true:

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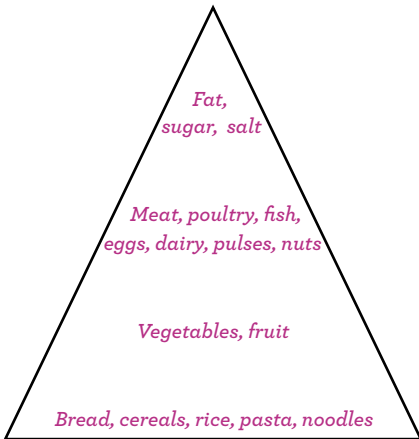
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THE MEAT HALL AT THE QUEEN VICTORIA MARKET



Meat was once sold in 10 pound chunks and the first butcher to cut up meat and sell it in chops was told by fellow butchers that it would not catch on.

Where does the produce sold at the Meat Hall sit on the food pyramid?

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What is the nutritional value of meat, poultry and fish in the diet?

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How is meat sold today?

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List 3 foods at the Market that are high in sugar:

1.

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2.

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3.

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Describe the appearance of kangaroo meat:

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What considerations need to be made when cooking kangaroo?

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Why do many traders specify their pork as being female?

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All food vendors have been issued with Food Safety Programs and have undergone accredited Food Handling Courses.

Why is food safety important when handling and storing food?

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Outline some characteristics to look for when buying whole fresh fish:

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What are some health benefits of eating fish?

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How should fresh fish be stored?

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What particular care must be taken when handling raw chicken?

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What can be the consequences of incorrect storage?

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VEGETABLES AT THE QUEEN VICTORIA MARKET

Vegetables contain vitamins, minerals and other compounds, such as antioxidants or phytochemicals, which help protect the body against diabetes, heart disease and some cancers.

Vegetables are often cooked, although some kinds can be eaten raw.

Vegetables are available in many varieties and can be classified into biological groups or 'families'.

Legumes or pulses contain valuable nutrients. They need to be cooked before they are eaten as cooking improves their nutritional quality, aids digestion and eliminates harmful toxins.

Why are vegetables an important part of the diet?

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List 5 vegetables that can be eaten raw:

1.

2.

3.

4.

5.

List 3 or more vegetables in each of the families below:

1. Edible plant stem -

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2. Leafy green -

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3. Root -

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Why do legumes sit higher on the food pyramid than other vegetables?

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Legumes come in many forms. List products in each category below:

Soy products -

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Legume flours -

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Fresh beans and peas -

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Foods of similar colours generally contain similar protective compounds. Eat a rainbow of colourful vegetables every day to get the full range of health benefits.

List the vegetables that you can find for each colour:

Red -

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Green -

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Blue and purple -

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White -

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Which colour was the easiest to find and why?

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Herbs are a type of plant used for seasoning food.

Identify 3 herbs that are sold at the Market:

1.....

2.....

3.....

FRUIT AT THE QUEEN VICTORIA MARKET

Fruit are the fleshy seed-bearing structures of plants that are sweet and edible in the raw state.

What fruits are in season now?

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How do you know when a fruit is in season?

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What are the nutritional benefits of eating food in season?

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What vegetables are actually the fruit of the plant?

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Vegetables are often cooked, although some kinds can be eaten raw.

What nutritional value do nuts provide?

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List 5 common nuts:

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

Fruits provide a good source of vitamins, including vitamin C and folate, as well as carbohydrates in the form of natural sugars and fibre.

Why is fruit an important part of the diet?

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List the vegetables that you can find for each colour:

Red -

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Green -

.....

Blue and purple -

.....

White -

.....

Two serves of fruit and five serves of vegetables each day is the recommended allowance for adults.

Why are fewer servings of fruit recommended per day than vegetables?

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Draw or describe a fruit you have never tasted before:

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What country is this fruit grown in?

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ORGANIC FOOD AT THE QUEEN VICTORIA MARKET

The organic farming movement arose during the 20th century in reaction to the large supply of synthetic chemicals that were being introduced into the food supply chain.

What is organic food?

Where do you find organic food at the Market?

What are the health benefits to eating organic food?

What are the environmental benefits of organic farming methods?

Organic certification is a process for growers of organic food to verify their growing methods to a set of standards.

How can you be sure that produce is organic?

List examples of organic labelling that you can find:

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What other types of labelling can you find on products?

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List the information that labelling on produce provides:

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Compare the labelling of eggs, what information is provided on a carton of organic eggs?

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Compare the cost of 5 products:

<i>Product</i>	<i>Organic</i>	<i>Conventional</i>
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How does organic produce compare?

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What is biodynamic?

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