

Marvellous micro-organisms

Indigenous perspectives curriculum links

Engage

Lesson 1 Session 1 Exploring bread

Indigenous people have been making damper for thousands of years. High in protein and carbohydrate, the damper was made from seeds ground into a flour on millstones. The flour was then mixed with water to make a dough and placed into hot ashes for baking. Yeast, commonly used in modern breads, was not an ingredient of traditional Indigenous damper.

- To watch an elder making and cooking traditional bread see www.australianscreen.com.au/titles/bush-tucker-is-everywhere/clip2/
- Use damper as one of the types of bread in Lesson 1 Session 1.

Explore

Lesson 4 Knead the loaf

A number of bush foods used traditionally by Indigenous people are made into damper. Some of them are potentially poisonous and have to be processed before being made into damper and eaten. Indigenous people also use pre-milled flour, as well as baking powder or self-raising flour, to make damper.



- Make bush damper.
See See Damper Lessons 1 – 4:
www.det.wa.edu.au/education/abled/apac/lessons/pdfs/apac121.pdf
www.det.wa.edu.au/education/abled/apac/lessons/pdfs/apac122.pdf
www.det.wa.edu.au/education/abled/apac/lessons/pdfs/apac123.pdf
www.det.wa.edu.au/education/abled/apac/lessons/pdfs/apac124.pdf
- Make some flour by grinding seeds with a mortar and pestle. Seeds such as wheat and millet can be bought at health food stores. Indigenous people use a millstone and muller set to produce flour. See www.amonline.net.au/snapshots/arid/bakers.htm
- See *Waterlilies* for a description of how waterlily seeds are ground and made into damper in the traditional way in Kakadu.
(Lucas, D. & Campbell, C. (2007). *Waterlilies*. Palmerston, NT: Waterlily Publications.)

Explain

Lesson 5 Food observations

- Contact the local Indigenous Land Council or cultural heritage centre to make contact with local Indigenous community members to share their knowledge of making damper and, if possible, make damper with the students using traditional methods. Create T-charts to compare the steps in the processes of making bread and damper. See 'Damper day' and 'Bread day' lessons at www.det.wa.edu.au/education/abled/apac/lessons/lessons_area_science.html

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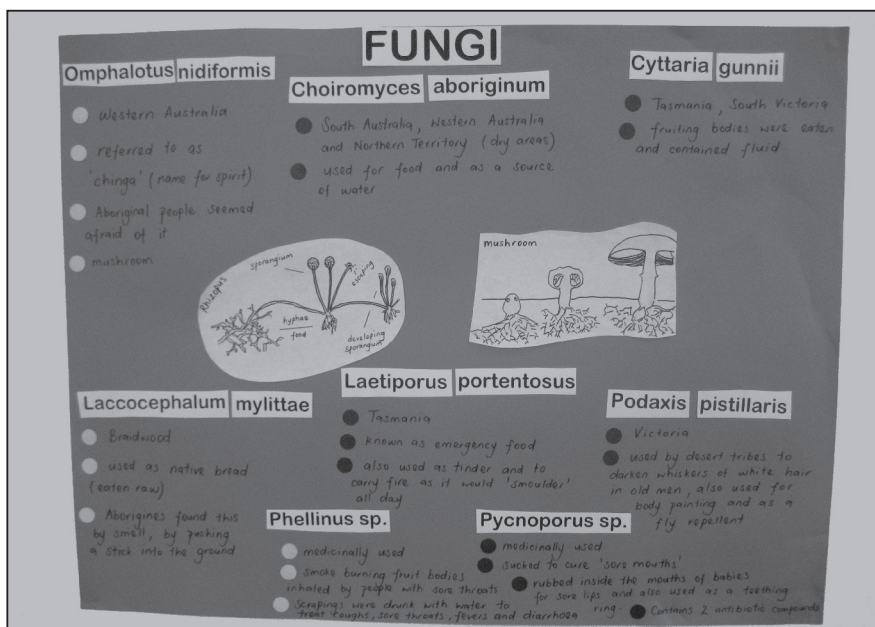
- Use a flow chart to show the steps completed in the damper-making process by Indigenous people.

Elaborate

Lesson 6 Mystery moulds

Indigenous people have used fungi for food and medicinal purposes for thousands of years.

- Create posters on different types of fungi and how they are used by Indigenous people. See www.anbg.gov.au/fungi/aboriginal.html



Work sample of a fungi poster

Evaluate

Lesson 8 Micro-organisms experts

- Prepare an oral presentation to an audience on the beliefs about and uses of fungi by Indigenous people based on the poster created in the previous lesson.