

# VIBE ACTIVITIES

## Healthy Tucker – *Camper Damper* page 25

### Camper Damper

#### How to cook an Australian classic

Damper is one of Australia's most iconic bush foods. Aboriginal people have been making bush bread for thousands of years using seasonal grains and nuts cooked in the ashes of fires, while the more widely known form of bush bread today, known as 'damper', uses flour as its main ingredient.

Damper became a staple food for Aboriginal people, particularly stockmen who were travelling and working in the bush. One of the main reasons for this was the fact that damper can be made so easily, and using only basic rations.

Here's how to cook up your own damper on your next camping trip.

✦ Start by cleaning the bark off two thick sticks about a metre long.

✦ Mix together one large cup of self raising flour, one tablespoon of sugar, two tablespoons of cooking oil, a pinch of salt and enough warm water to make a stiff dough.



**DAMPER, AUSTRALIA'S MOST ICONIC BUSH FOOD**

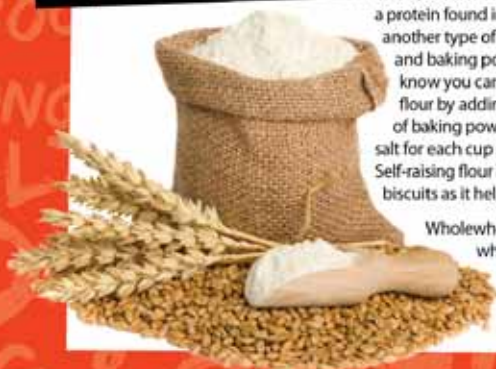
✦ Knead for a few minutes and shape into two long rolls by rolling them between your hands. Coil each roll around the stick and cook over slow coals until the dough has risen and is a golden crusty brown. The damper will pull off easily from the stick when it's done.

Many people like to eat their damper plain, which is the healthiest way,

but you can also spread jam on the damper, and many people also like to drizzle it with some kind of syrup. Rather than adding butter to your damper – go for a low fat margarine, or, you can also lightly drizzle it with extra virgin olive and/or balsamic vinegar. This damper, cooked over the fire, will taste great just as it is without adding any of the sweet stuff.

### FOOD FOCUS

#### FLOUR POWER



The flour used in baking comes mainly from wheat, although it can be milled from corn, rice, nuts, and legumes. The most common type of flour is 'plain' or 'white' flour. Plain flour is used in lots of products including breads, pie crusts, cookies and pancakes. It contains gluten, a protein found in wheat. Self-raising flour is another type of flour, low-protein and with salt and baking powder already added. Did you know you can make your own self-raising flour by adding one and a half teaspoons of baking powder and half a teaspoon of salt for each cup of plain flour and mixing well? Self-raising flour is often used to make cakes and biscuits as it helps them to 'rise' when cooking.

Wholewheat flour is made from the whole kernel of wheat and is higher in dietary fibre and overall nutrient content than white flours. It also

doesn't have as high a gluten level. For gluten intolerant people (some people have a sensitivity to gluten and can't tolerate eating it) buckwheat flour is gluten free, packed with nutrients, readily available and easy to work with. Spelt flour is also one of the most popular and widely available of the alternative baking flours. It is still made out of wheat but the fats in the flour are more soluble and the nutritional content higher than traditional wheat flour.

Rice flour is a flour made from finely milled rice and it can be made from either white or brown rice. It's also a popular choice for gluten intolerant people because it's not made from wheat. Another flour you might come across is cornflour which is flour ground from dried corn. This type of flour is often used to thicken sauces. There are many more types of flours and you can research them on the internet and try the one that is best for you.

Aboriginal people have been making bush bread for thousands of years.

Damper is a type of bread that is fun to make when you are camping and it tastes great.



## ACTIVITY 1

### MAKING DAMPER

Draw a picture of you making damper in the bush.

Draw  
your idea  
in the box.

## ACTIVITY 2

### DAMPER RECIPE

**A PROCEDURE tells you how to make something. A recipe is a type of PROCEDURE. Draw the steps to make damper in the bush.**



- 1 Take the bark off two long sticks.

- 2 Mix together one large cup of self raising flour, one tablespoon of sugar, two tablespoons of cooking oil, a pinch of salt and enough warm water to make a dough.



- 3 Knead for a few minutes and shape into two long rolls by rolling them between your hands.

- 4 Roll the dough around the stick and cook over slow coals until the dough is a golden crusty brown.

- 5 Spread with jam, honey or your favourite spread. Enjoy!





## ACTIVITY 3

### MATCHING PICTURES AND WORDS

Look at the picture on the left.

Look at the word on the right.

Draw a line to match each picture to the correct word.



• flat bread



• flour



• sliced bread



• damper



• bread rolls

## ACTIVITY 4

### SPELLING

- 1** Cut the word **damper** into its letter patterns.  
Mix the letters up and put them back together.

d	a m	p	e r
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Practise writing **damper** three times.

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- 2** Cut the word **tablespoons** into its letter patterns.  
Mix them up and put them back together.

t	a b	l e	s p	o o n	s
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Practise writing **tablespoons** three times.

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Can you see two smaller words in **tablespoons**?

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Can you think of other **compound** words – words that are made up of two smaller words?

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## ACTIVITY 4

### WRITING A PROCEDURE

A recipe is a PROCEDURE text.

A PROCEDURE gives you step by step instructions about how to make something.

Here is the recipe for making bush damper.

Some of the words have been left out.

Use the words from the box below to complete the recipe.



#### 1 Use the words from the box below to complete the recipe.

##### Ingredients

##### BUSH DAMPER

2 sticks  
1 large cup self raising flour  
1 tablespoon sugar  
2 tablespoons cooking oil  
pinch of salt  
warm water



##### Method

1. Take the bark off 2 long \_\_\_\_\_.
2. \_\_\_\_\_ together one large \_\_\_\_\_ of self raising flour, one tablespoon of sugar, two tablespoons of cooking \_\_\_\_\_, a pinch of \_\_\_\_\_ and enough warm water to make a dough.
3. Knead for a few minutes and \_\_\_\_\_ into two long rolls by rolling them between your \_\_\_\_\_.
4. Roll the \_\_\_\_\_ around the stick and cook over slow coals until the dough is a golden crusty \_\_\_\_\_.
5. Spread with \_\_\_\_\_ or honey. Enjoy!



cup

salt

jam

sticks

brown

hands

Mix

oil

shape

dough

## 2 Draw your damper.



Draw  
your idea  
in the box.