

# VIBE ACTIVITIES

## Healthy Vibe *Flour power* 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.



HEALTHY  
TUCKER

DAMPER, AUSTRALIA'S  
MOST ICONIC BUSH FOOD

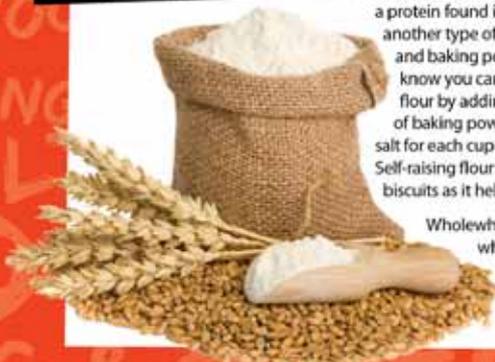
- \* Knead for a few minutes and shape into two long rolls by rolling them between your hands. Coil each roll around the stick and cook over slow coals until the dough has risen and is a golden crusty brown. The damper will pull off easily from the stick when it's done.

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.

**Did you know that bread was made over 30000 years ago?  
Flour can be made from wheat, corn, rice, nuts and legumes.  
We use flour to make bread, pies, biscuits, pancakes and cakes.**

**READ *Flour power* on page 25**



## ACTIVITY 1

### BUILDING READING SKILLS

- skimming and scanning for information.
- reading headings, text boxes and pictures.
- reading for meaning.
- making connections between the text and your world.



There are three levels of comprehension questions:

- Literal** The answer is located in one sentence in the text.
- Inferred** You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.
- Applied** The answer is in your background knowledge, what you already know or feel.

**1** Flour used in baking comes mainly from \_\_\_\_\_ .

(literal)

- corn
- sugar cane
- wheat
- wholemeal



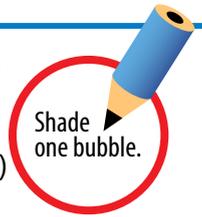
**2** What is the name of the protein found in wheat?

(literal)

- cornflour
- flour
- self raising
- gluten

**3** For gluten intolerant people (some people have a sensitivity to gluten and can't tolerate eating it) buckwheat flour is gluten free.

Why are the brackets ( ) included in this sentence? (inferred)



- The information inside the brackets explains what gluten intolerant means.
- The information inside the brackets is more important.
- This information inside the brackets explains what white flour is.
- The information inside the brackets is an example of how white flour is used.

**4** Rice flour is made from finely milled rice.

In this sentence *finely milled* means (applied)

- the flour looks good.
- it has been ground into very smooth flour.
- it is a coarse flour.
- it looks like rice.

**5** The purpose for writing this text is to

(applied)

- amuse the reader.
- provide statistics.
- entertain the reader.
- provide information.

## ACTIVITY 2

### LANGUAGE CONVENTIONS - SPELLING

**1** The spelling mistakes in these sentences have been underlined.

Write the correct spelling for each word in the box.



White flower is used in making bread.

Flour is used in bakeing.

White flour contanes gluten.

**2** Each sentence has one word that is incorrect.  
Write the correct spelling of the word in the box.

Cornflour is ground from dried corn.

Cornflour can be used to thicken soups.

There are many types of flours.



## ACTIVITY 3

### LANGUAGE CONVENTIONS - GRAMMAR

**1** Which words are **nouns** in this sentence?

Wholewheat flour is made from the whole kernel of wheat.

- made
- flour, kernel, wheat
- whole
- is, from, the, of



**2** Which words correctly complete this sentence?

Jaiden is gluten intolerant, \_\_\_\_\_ he eats buckwheat \_\_\_\_\_ does not contain gluten.

- so            which
- but            why
- which        because
- what         whether

**3** Each of these sentences has the final punctuation missing.  
In which sentence is a question mark ( ? ) needed?

- I wonder how to make self raising flour.
- Self raising flour can be made at home.
- Did you know you can make your own self raising flour.
- I asked how to make self raising flour.



# ACTIVITY 5

## WRITING AN EXPOSITION



An Exposition is a type of ARGUMENT that states one point of view about an issue.

Argument type	Social Purpose	Stages	Phases
Exposition	argues one point of view about an issue	<p><b>Thesis</b></p> <p><b>Arguments</b></p> <p><b>Restatement</b></p>	<p><b>preview</b></p> <p><b>evidence</b> <b>statistics</b> <b>quotes</b> <b>examples</b> <b>elaborations</b></p> <p><b>review</b> <b>conclusions</b></p>

**TOPIC - Why should we try to eat more foods made from wholemeal flour instead of white flour?**



Write an EXPOSITION to argue your suggestions.

**Think about:**

- examples, statistics, elaborations and other evidence to support your ideas.

**Remember to:**

- research your topic and plan your writing.
- choose your arguments carefully.
- give reasons for your arguments.
- give examples to support your arguments.
- write in sentences.
- pay attention to your spelling and punctuation.
- use a new paragraph for each new idea.
- choose your words carefully to convince a reader of your opinions.
- check and edit your writing so that it is clear for a reader.