

### Café and Coffee night report ...

On Tuesday 22nd May, a rather cold and wintry evening, 16 intrepid Home Economics Teachers came to Caffe Amore for dinner and then on to the 'SA Coffee Academy' for some hands-on coffee training.

even Chai Latte's to be had as well as a lot of fun learning on the 5 coffee machines available.

A great night was had by all and a unanimous recommendation for the 'SA Coffee Academy' was given.

Brain Raslan, World Champion Barista, and Chris showed the group how to make a fantastic coffee and dispelled a lot of myths along the way.

Annie

PS ...

The 'SA Coffee Academy' has provided IHETG with a special deal for bringing students to learn all about coffee—see newsletter insert.

There was Cappuccino's, Latte's, Hot Chocolates and



Brian Raslan  
WBCC Judge

Interactive Learning  
at it's best

Chris showing  
the group how

Kathryn's  
Coffee Shop?

### The first ever IHETG EXPO

Wednesday 15th August  
6:30pm  
\$30.00

Come and have a lavish meal and be inspired as we share ideas that have been successful in all the schools. Bring your ideas and success stories to share. All curriculum areas will be covered.

At:

Tyndale Christian School  
50 Ferngrove Boulevard  
Salisbury East SA 5109

RSVP:

8th August  
anniem@tyndale.sa.edu.au  
Fax: 8281 7951

(See back page for the registration form.)

## Need some help with IT ...

CEGSA are running a variety of IT workshops including:

- Create, Connect—Blog  
Wednesday 28th February 4:15pm—6:45pm
- Word—Tips and Tricks  
Wednesday 7th March 3:45pm—6:15pm
- PowerPoint—Tips & Tricks  
Wednesday 21st March 3:45pm—6:15pm
- Digital Photography—Tips & Tricks  
Wednesday 6th June 3:45pm—6:15pm
- Word—Tips and Tricks  
Wednesday 20th June 3:45pm—6:15pm
- Create, Connect—Blog  
Wednesday 8th August 4:15pm—6:45pm
- Thursday 1st November 4:15pm—6:45pm

For more information go to:



Ever thought about entering your students in the show?

Entries for the Cookery Judging for the Royal Adelaide Show close on 6th July, so if you haven't received your category booklet go to: [www.adelaideshow.com.au](http://www.adelaideshow.com.au)



We need a range of actions to improve the health of our children and address childhood obesity, including effective restrictions on the number of food ads on TV. The current rules don't work, leaving our children repeatedly exposed to ads for unhealthy foods. This makes it hard for parents to provide healthy choices.

Register your details on the website: <https://www.cancerCouncil.com.au/form.asp?pageid=2214>

## Moroccan Sweet Potato, Carrot and Chickpea Soup

- 1 Tablespoon olive oil
- ½ large brown onion, roughly chopped
- 1 garlic clove, crushed
- ½ teaspoon ground coriander
- 1 teaspoon ground cumin
- ¼ teaspoon chilli powder
- 300g orange sweet potato, peeled, diced
- 2 carrots, peeled, sliced
- 3 cups chicken stock
- 150g can chickpeas, drained, rinsed
- ¼ small lemon, juiced

### Method:

1. Heat oil in a large saucepan over medium-high heat. Add onion and garlic. Cook, stirring often, for 3 minutes. Stir in coriander, cumin and chilli powder. Cook, stirring, for 1 minute.
2. Add sweet potato and carrot. Cook, stirring often, for 5 minutes. Add stock. Cover. Bring to the boil. Reduce heat to medium-low and simmer, stirring occasionally, for 20 minutes.
3. Add chickpeas to soup and simmer, covered, for 10 minutes or until chickpeas are tender. Blend soup, in batches, until smooth. Return to saucepan over medium-low heat. Season with salt and pepper. Stir in 1 table-

## Websites of interest ...

Got any ideas you would like to share email them to [an-niem@tyndale.sa.edu.au](mailto:an-niem@tyndale.sa.edu.au).

"Discovery Schools" has a free to use program called "Puzzlemaker" available. This program will make a find-a-word in seconds, do the hard work in making a crossword and several other wonderful assessment tools for the teacher. Simply type in the list of words and "Puzzlemaker" does the rest.

Check it out at:  
<http://puzzlemaker.school.discovery.com/>

Web Page launch for the Homecky Hub coming soon ... stay tuned for more details.

## Home Economics—more than cooking and sewing ..

The subject of Home Economics has come a long way since the days of Ellen Richards our founder.

As practical subject teachers we are often caught up in the routine of food orders, time plans, fabric requirements, and the list goes on. But Home Economics is more than just the day to day responsibilities within the classroom. Our subject, often referred to as a "dying art" or "catering class" is much, much more.

*nomics focuses on the development of the individual within the family and the community.*" (SSABSA, 2007: 1)

Seems simple enough but it can often be a frustration trying to include the five skill areas: Family, Human relationships,

Food, Housing, and Clothing within a short 2 lessons per week.

Yet that is what we do—we organise, facilitate, inspire, repair, encourage, advise and mark within a subject whose *"pedagogy is never stable but is constantly being produced through such labour."* (Pendergast, 2001:10).

So be encouraged. This subject we teach is much more than just cooking and sewing—it's in es-



More than just a notion ...

SSABSA's defines Home Economics as *"Home Eco-*

### Future Dates to remember ....

June 2007	Membership fees due
7th June 5:30—7:00pm	The University of Adelaide HDA Oration by Prof Manny Noakes "The Science Behind Weight Management" State Library of South Australia Institute Building Lecture Theatre
10th June	Sea 'n Vines Bus Tour Starting at Woodcroft and travelling around the southern side of Adelaide.
11th June	HEIA Barossa Trip
6th July	Entries for the "Royal Show" close
13th July	HEIA Food Expo EDC, Milner Street, Hindmarsh
15th August	Term 3 Meeting Homecky Expo Tyndale Christian School
3rd November	HEIA AGM Moonta
5th December	Annual Homecky Conference, Ayers House

Not a member yet? Annual membership is \$30 per school. More information available from:  
anniem@tyndale.sa.edu.au



### HEIA presents

"Simply Gorgeous"  
Set of 6 Posters  
on either  
Fruits, Vegetables & Nuts  
Or  
Sweet/Savoury foods from  
Soups to Desserts  
1 Set \$35  
Both Sets \$55

For more information visit:  
www.heia.com.au

Did you train in South Australia? Did you commence Home Economics studies in 1975? Did you graduate in 1978/79?

Denise Cotterill is looking to contact any Home Economics Teachers who trained between 1975—79.

Please contact her by either email: Denise.Cotterill@hamcoll.sa.edu.au or at Hamilton Secondary College (08) 8275 8341.

#### Fantastic Coffee Resource ...

"Barista Techniques"  
By John Doyle



This book was recommended by Brian Raslan as an excellent source of information regarding coffee training and barista service.

Currently retailing at \$45, a bulk order of 20 copies through IHETG and pay only ....

Please contact Annie Mott email: anniem@tyndale.sa.edu.au to order copies.

## Term 3 Meeting Reply Slip *First Ever IHETG EXPO*

Wednesday 15th August  
6:30pm  
Tyndale Christian School  
50 Ferngrove Boulevard, Salisbury East, 5109  
Cost: \$30 Member  
\$35 Non-members

School: \_\_\_\_\_

Names of Teachers Attending:

- (1) \_\_\_\_\_  
(2) \_\_\_\_\_  
(3) \_\_\_\_\_  
(4) \_\_\_\_\_  
(5) \_\_\_\_\_

Contact Email Address: \_\_\_\_\_

Special Dietary Needs: \_\_\_\_\_

Curriculum area to share ...

Middle School—Textiles      Senior School—Hospitality  
Middle School—Food      Senior School—Nutrition  
Senior School—Textiles      Senior School—Child Studies

RSVP: 8th August  
Email: anniem@tyndale.sa.edu.au or  
Fax: (08) 8281 7951

#### Woodcroft College Presents ...

##### Short Courses:

*Australian Native Cuisine*  
Wednesday 4th July, 6:00pm—9:00pm

*Japanese Cuisine Reigns Supreme*  
Wednesday 8th August, 6:00pm—9:00pm

*Pizza Night*  
Wednesday 5th September, 6:00pm—9:00pm

*Speciality Gourmet Breads*  
Wednesday 17th October, 6:00pm—9:00pm

*Quick and Easy Cooking*  
Wednesday 31st October, 6:00pm—9:00pm

*THHCCOOB Prepare Sandwiches*  
Term 2 9th May—20th June, Wednesday's 4:30pm—9:00pm

For more information email: watson\_k@woodcroft.sa.edu.au