

Homecky Hub

Inaugural IHETG Expo report ...

On Wednesday 22nd August, 22 Home Economics Teachers met at Tyndale Christian School for the first ever IHETG Expo.

The night was catered for by the Certificate 1 students at Tyndale Christian School and teachers brought ideas to share with others. A great night of networking was had by all who attended.



The Inaugural South Australian event, held earlier this month at the Scotch College Barr Smith Theatre, was a great success. With over 40 entrants' in the first year, Apex is very pleased and proud of the entrant's outstanding abilities and creativity. The 3 winning students from each category (Casual Day; Fantasy; Evening/Formal) will now all be travelling over to Geelong in Victoria next month to participate in the National Finals. We will let you know how they go!

Congratulations to the inaugural winners :-

CASUAL DAY WEAR

- 1st Helene Herbert from St Aloysius College
- 2nd Gemma LeCornu from Westminster School
- 3rd Renae Williams from Westminster School

FANTASY

- 1st Bianca Vo from Loreto College
- 2nd Lorinda Jones from Port Augusta Secondary School
- 3rd Grace Marryat from University Senior College

EVENING/FORMAL

- 1st & 2nd Dionysia Skaltsas from Adelaide High
 - 3rd Alissa Melhuish from St Ignatius College
- www.aatfa.org.au

Annual Independent Home Economic Teachers Group Conference

When:

Wednesday 5th December
8:30am—3:30pm

Where:

Ayers House, North Terrace, Adelaide

Cost:

\$65 for members \$75 for non-members

See last page for more details and workshop information.

Future SACE ...

On Wednesday 26th September CEACA (Council of Education Associations of South Australia) held a workshop regarding the *Future SACE* and the implications for teachers.

The night was a consultative process with the proposed changes being presented and feedback invited from the various teachers in attendance.

Some of the points for further negotiation included:

- Subject Rigour—30% of assessment being external and 70% internal for all subject areas.
- Procluded subjects—not likely to change but still negotiating with the Universities.
- Groupness of subjects no longer being required.
- VET—and where it fits into the *Future SACE* is still under negotiation.

The subject areas of Home Economics (Hospitality, Child Studies, Nutrition) will still continue to be under the Learning Area of Health and Physical Education. However, Textiles is noticeably missing from the document and has been suggested to move to the Arts Learning Areas.

To see the proposed Learning Areas and Subjects contact your SACE Coordinator. For more information about *Future SACE*, visit: <http://www.futuresace.sa.gov.au/pages/Home/>

Berry Parfaits ...

3/4 Cup Condensed Milk
100g White Chocolate Melts
2 eggs, separated
2 teaspoons Gelatine dissolved in
2 Tablespoons hot water
300ml Cream
250g Strawberries, sliced
250g fresh or frozen raspberries, pureed

Method:

1. Combine condensed milk, white chocolate melts and egg yolks in top of a double pan. Stir over simmering water until combined, remove from heat, stir in gelatine mixture, cool.
2. Beat cream until thick, fold into mousse mixture.
3. Beat egg whites until stiff peaks form, fold into mousse mixture.
4. Combine strawberries with raspberry puree. Layer mousse mixture and strawberries in parfait or serving glasses. Chill between layers.
5. If desired, top with extra strawberries.

Serves 6

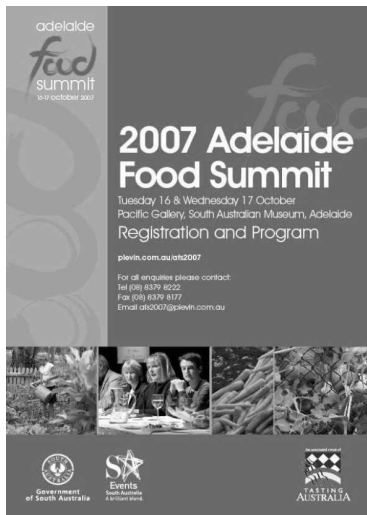


Websites of interest ...

A great website for students to use to find appropriate recipes that have Australian measurements and equivalents is www.taste.com.au.

This site incorporates the many food magazines into one easy to access site for students to quickly access thematic recipes.

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



Adelaide Food Summit

Youth, Health and Nutrition: A focus on solutions.

Where do children really get their calories/kilojoules? How are childhood eating and drinking behaviours formed?

How are these behaviours changed?

What is the role of physical activity? The Government?

The food and drink industry? Schools? Parents?

And most important: What kinds of programs are currently working to reverse the stubborn upward trends of overweight and obese young people?

These are the issues to be tackled at the Adelaide Food Summit to be held as an associated event of Tasting Australia on Tuesday 16 and Wednesday 17 October at the South Australian Museum. Learn from the brilliant blend of South Australian success stories and approaches breaking new ground understanding the common elements of these programs.

The 2007 Adelaide Food Summit program will meet the need for a straight, fact based talkfest about realistic programs that can be used to reverse the current trends. The Adelaide Food Summit, which is owned and managed by the South Australian Tourism Commission, is a must for anyone interested in youth health and nutrition.

Woodcroft College Presents ...

Interested in making Cinnamon Raisin Loaf or German Pretzels? Learn to bake at the gourmet bread making course.

When: Wednesday 17 October
6.00pm – 9.00pm

Where: Woodcroft College

Cost: \$40.00 inclusive

What: BYO apron and tea towels.

Register now on 8322 2333 with Petra Lorenz

www.woodcroft.sa.edu.au

email: lorenz_p@woodcroft.sa.edu.au

Future Dates to remember ...

3rd November HEIA AGM
Moonta

5th December Annual Homecky
Conference, Ayers House



The CSIRO have created a new brochure on healthy eating for children.

The "Well Being Plan for Kids" program is encouraging healthy eating for students and making recommendations about school lunch box meals.

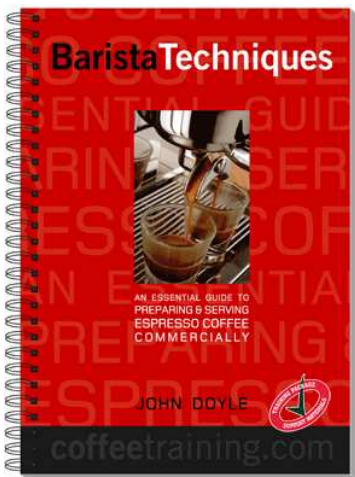
More information can be found at:
<http://www.csiro.au/resources/WellbeingPlanForKids-Flyer.html>

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

The Annual Conference is shaping up to be a great time of networking and professional development with a pinch of fun.

We are looking for some donations for door prizes and for the show bags. If you know of anyone who may want to promote their business or may be willing to donate a door prize please contact Annie Mott on email: anniem@tyndale.sa.edu.au ☺

Fantastic Coffee Resource ...



“Barista Techniques”
By John Doyle

Currently retailing at \$45, a bulk order of 20 copies through IHETG and pay only \$33.

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

Term 4 Meeting Reply Slip Annual IHETG Conference

Wednesday 5th December
Cost: \$65 Member
\$75 Non-members

School: _____

Names of Teachers Attending:

- (1) _____
- (2) _____
- (3) _____
- (4) _____
- (5) _____

Contact Email Address: _____

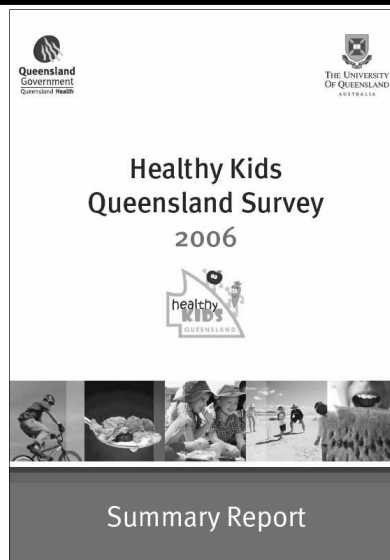
Special Dietary Needs: _____

- | | |
|--|--|
| Morning Workshops/Activities: | Afternoon Workshops/Activities: |
| <input type="checkbox"/> Adelaide Convention Centre Tour | <input type="checkbox"/> Central Market Scavenger Hunt |
| <input type="checkbox"/> Hyatt Tour | <input type="checkbox"/> Tandanya Textiles Workshop |
| <input type="checkbox"/> Ayers House Tour | <input type="checkbox"/> AIT Workshop—Beverage Service |
| <input type="checkbox"/> Wine Centre Tour | <input type="checkbox"/> Lady Gowrie Child Care Workshop |

Please list in preference order (1 first choice — 4 last choice) for each staff member attending.

☞ Please note all workshops are only tentative at this time and any changes will be notified by email.

RSVP: 21st November, 2007
Email: anniem@tyndale.sa.edu.au or
Fax: (08) 8281 7951



The survey found that 21% of children aged 5 to 17 years were overweight or obese.

One in three of the year 10 boys did not eat any vegetables on the day of the survey.

Intakes of saturated fat were 45% higher than levels recommended by the National Health and Medical Research Council.

Fewer than one in six boys, and one in 15 girls reported meeting the physical activity guidelines of at least one hour of moderate activity every day.

The full survey report is available at www.health.qld.gov.au/ under “what’s new”.