

Food and Culture



The Multicultural Advisory Service

Diversicare's Multicultural Advisory Service (MAS) is funded by the Department of Health and the Department of Communities, Child Safety and Disability Services.

Main aim

MAS aims to provide cross-cultural training to community and aged care providers and increase their understanding of culturally and linguistically diverse (CALD) communities.

“Food is a central activity of mankind and one of the single most significant trademarks of a culture.”

(Mark Kurlansky, 'Choice Cuts' 2000)

The Role Food Plays In Our Cultural Life

by Iris Min He

Food plays an important role in all cultures. The importance of our own cuisine is deeply embedded in who we are so we take pride in our traditional dishes. They make us feel connected to our national heritage and we love it when other nationalities appreciate our food. It shows respect for our culture and so for us.

Over successive migrations, Australia's diverse migrant communities have brought with them, a wide range of food. The range from different cultures allows us to claim that we are a multicultural society. Good

coffee, pizza, souvlaki, kebabs, tom yum soup, laksa, dips, Turkish bread, couscous - and the list goes on and on - are now taken for granted and are

available in every supermarket. In addition, television is full of cooking shows showcasing international foods as part of the normal fare.

Sharing traditional food is one of the best ways of communicating and showing respect for each other. Intercultural

harmony is essential to happiness in this country and the role food plays contributes significantly to this important goal.



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Food and Celebrations

by Bushra Aman

Food is the single and greatest means of unification across many cultures. It also plays a crucial role in cultural celebrations. The food and signature dishes we all eat during these celebrations and while growing up not only strengthen family ties, they also reinforce who we are culturally. Because food is shared between family and friends, it

becomes particularly important when we are separated from our mother culture.

Traditional cuisine passed down from generation to generation is a major factor in establishing and maintaining cultural identity. Elders take pride seeing the young ones continuing to prepare traditional food. It is something all generations

can share, not only with their own culture, but also with others from cultures around the world.

In a multicultural environment such as Australia, every celebration is an excuse to share food among different cultures because food bridges cultural barriers.



Photo by Iris Min He

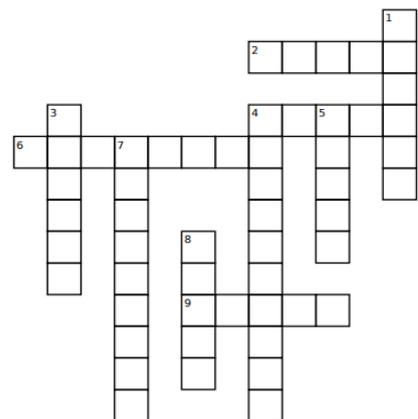
Photo Gallery



Crossword Puzzle

Test your knowledge of dishes around the world

by Chrissie Ma-amo



Across:

- 2. Japanese
- 4. Australian
- 6. Greek
- 9. Indian

Down:

- 1. Chinese
- 3. American
- 4. German
- 5. Filipino
- 7. Italian
- 8. Mexican

Answer on page 4

Food and Culture

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How Culture Influences Our Eating Habits¹ *by Marcela Fischer*

Many factors influence our eating habits but our environment - what our parents eat, available food, how that food is eaten and where - are major factors in shaping a person's eating habits.

However, the good news is, we can change our eating habits. Try these tips from around the world:

- To reduce calories, eat small portions as they do in Japan
- Follow the Chinese and change forks

and spoons for chopsticks to eat slower and consume less.

- To avoid weight gain, most Latin Americans have a big almuerzo (lunch)
- Small wine intake won't hurt! Italians reduce heart disease by having a glass of wine with dinner.

In brief, small portions, slow eating, eating the largest meal in the middle of the day, and a glass of dinner wine can improve our health.



A Taste Of Harmony

by Annalise Webb

Australia is a diverse nation, so, consider the strength gained from workplace diversity. Culturally diverse staff provide varied multicultural perspectives which contribute to a well-rounded organisational perspective. Also, discussing as many aspects as possible about cultural diversity can help create an inclusive work environment. However, how to go about achieving these goals can be difficult.

The answer? Food! People love food. And they love talking about it! Food triggers memories of our homes, places and people. Therefore, what better way to celebrate cultural diversity in the workplace and learn about your colleagues than share food on Harmony day with "A Taste of Harmony", a great opportunity to celebrate your workplace's cultural diversity. It's easy to organise and participation is free. Just ask everyone to bring a plate of food to share from their cultural background, share stories, share recipes and include everyone!

For more ideas about "A Taste of Harmony", click on: [A Taste of Harmony - Join In Here!](#)

MAS Locations And Contact Details

Region/s	Mobile	Email
MAS Team Leader ▪ State wide	0407 045 203	j.fraser@diversicare.com.au
Cairns Peninsula Region	0432 322 154	mas.peninsula@diversicare.com.au
North Brisbane/Sunshine Coast/Wide Bay Regions	0447 721 968	mas.sunshine@diversicare.com.au
Brisbane Region	0413 054 642	baman@diversicare.com.au
Brisbane South (CALD Community)	0413 512 967	mas.brisbanesouth@diversicare.com.au
Logan/West Moreton/Central Queensland	0434 254 812	mas.westmoreton@diversicare.com.au
Gold Coast Region	0431 017 943	mas.goldcoast@diversicare.com.au
North Queensland Region	0407 045 203	mas.northern@diversicare.com.au
North Queensland (CALD Community)	0428 332 965	cald.tsv@diversicare.com.au

Food And Cultural Connections

by Thana Roysmith

Food and culture are closely interconnected. In fact, when culture is mentioned, associated food is one of the first things that come to mind. Cultural food not only tantalises the taste buds, it also connects people, has healing properties and evokes memories and experiences. These days, when I am unwell, I eat rice porridge or rasam pepper soup (recipe included), a dish my mother cooked for me as a child when I was sick. It connects me to

the bonds I share with my mother and country of origin, Singapore. Magically, this comfort food makes me feel better and seems to help in the recovery process! I now make this food when anyone in my family is ill. Also, I don't remember taking pills for any ailments as a child as my mother had a remedy using spices for almost everything – turmeric paste for cuts, cumin, coriander, fennel and ginger for indigestion etc. Today these spices are

considered 'superfood' and recommended widely.

It's no surprise many older culturally and linguistically diverse people seem to yearn for food from their country of origin so aged and residential care facilities need to consider this need in aiming to provide culturally appropriate and inclusive services.

Rasam (Pepper Soup) Recipe

Ingredients

1 tabbsp	tamarind (soaked in hot water)
3 cups	water
3 cloves	garlic with skin on
4 teasp	black peppercorns
2 teasp	cumin seeds
Salt	to taste
1/2 teasp	turmeric powder
1 med	tomato, crushed
2 teasp	oil
1/4 teasp	mustard seeds
3 half pieces	dried chilli
About 10 pieces	curry leaves
1/2 teasp	asafoetida powder
1 bunch	coriander leaves - washed/chopped for garnishing

Method:

1. Soak tamarind paste in hot water for a few minutes, mix well and strain into a bowl. Add water (3 cups) and keep aside.
2. Pound garlic, peppercorn and cumin seeds coarsely and add to the strained tamarind mixture.
3. Add salt to taste, turmeric powder and crushed tomato.
4. On the stove, over low fire, place a medium sized saucepan. Add oil when hot. Then add mustard seeds, dried chillies, curry leaves and Asafoetida powder.
5. Then add the tamarind mixture. When the mixture starts to boil, switch off stove, garnish with coriander leaves and cover saucepan and leave it to cool.

You can drink the pepper soup or eat it with rice – ENJOY!

Note: Adjust peppercorns, tamarind and water depending on how hot/sour you want the soup to be

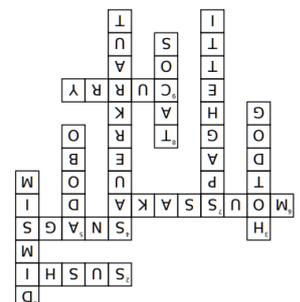


Photo by Thana Roysmith

Food Quiz²

1. What country leads in turkey consumption per person?
A. Slovakia B. US C. Israel D. Finland
2. Which of the following refers not only to a dish but also to the pot it is cooked in?
A. Poutine (Canada) B. Smorgasbord (Sweden)
C. Tagine (Northwestern Africa) D. Goulash (Hungary)
3. What is a Cuban medianoche?
A. A 24-hour diner B. A coffee drink C. Squid ink pasta D. A sandwich
4. What item is on the table at every Ethiopian meal?
A. Curried chickpeas B. Steamed rice C. Pickled carrots D. Injera bread
5. The world's most expensive spice is native to Southwest Asia. What is it?
A. Cardamom B. Saffron C. Vanilla D. Star Anise

Answer to Crossword Puzzle



Answer on page 6

Recipe

Vietnamese rice paper rolls³

Ingredients

60 g	rice vermicelli or rice noodles
8 pieces	rice paper wrappers
8 pieces	large cooked prawns, peeled, deveined and cut in half
1-1/3 tbsp	fresh Thai basil, chopped
3 tbsp	fresh coriander leaves, chopped
2	lettuce leaves, chopped

Ingredients - dipping sauces

1 tabs	fish sauce
1/4 cup	lime juice, fresh
1 clove	garlic, finely chopped
2 tbsp	caster sugar
1/2 teasp	garlic-chilli sauce
3 tbsp	hoisin sauce
1 teasp	roasted peanuts, finely chopped

Method:

1. Bring a medium saucepan of water to the boil. Boil rice noodles for 3-5 minutes or until al dente, and drain. Rinse thoroughly with cold water so they don't stick together.
2. Fill a large shallow bowl with warm water. Dip one wrapper into the water for 1 sec to soften. Lay wrapper on the bench and place 2 prawn halves, a handful of noodles, basil, coriander and lettuce in a row across the centre, leaving about 5 cm of the wrapper uncovered on each side.
3. Fold in uncovered sides of wrapper, then tightly roll to enclose the filling. Repeat with remaining rolls.
4. In a small bowl, mix the fish sauce, water, lime juice, garlic, sugar and garlic-chili sauce.
5. In another small bowl, mix the hoisin sauce and peanuts.
6. Serve the rice paper rolls with fish sauce and hoisin-peanut dipping sauces.



REFERENCES:

- ¹10 surprising, Healthy Eating Habits from Around the World, <https://greatist.com/health/healthy-habits-from-around-the-world>
How Culture Affects Diet by Linda Lamb, <http://www.liverstrong.com/article/476301-how-culture-affects-diet/>
How Culture and Society Influence Healthy Eating by Dr Edward, <https://www.globalhealingcenter.com/natural-health/how-culture-and-society-influence-healthy-eating/>
- ²Food quiz, <https://www.nationalgeographic.com/travel/quizzes/international-foods-quiz-part-1/>
- ³Vietnamese Rice Paper Rolls, <http://allrecipes.com.au/recipe/2472/vietnamese-rice-paper-rolls.aspx>

Gold Coast Region

Contact Annalise Webb, 0431 017 943 or mas.goldcoast@diversicare.com.au

- **21 Mar** - Gold Coast Harmony Day Pop-up Event, Gold Coast
- **27 Mar** - Cultural Awareness, Open Session, Burleigh Community Centre
- **3 Apr** - Culture and End of Life, Coolangatta SLSC Breakers Room
- **10 May** - Mother's Day Lunch, CALD Ladies Mini Health and Carers Expo, Currumbin RSL River Room
- **23 May** - Cultural Briefing, China and Japan, Robina Community Centre
- **29 May** - Culture and Dementia Open Session (with Ozcare), Ozcare Training Room, Robina
- **11 Jun** - Cultural Competence for Services (Open Session), Robina Town Centre-Main Auditorium
- **12 June** - Culture and Dementia Open Session (with Ozcare), Labrador Community Centre
- **26 June** - Culture and Dementia Open Session (with Ozcare), Ozcare Training Room, Robina

Logan/West Moreton/Central Qld

Contact Anyuon Liai, 0434 254 812 or mas.westmoreton@diversicare.com.au

- **12-13 Mar** - Cultural Awareness, Crow's Nest & Toowoomba (Blue Care)
- **20 Mar** - Cultural Awareness, Anglicare Southern Queensland
- **22 Mar** - Chinchilla Interagency meeting, Chinchilla
- **03 Apr** - Presentation-West Moreton Seniors Network Meeting, Ipswich
- **9 May** - Cultural Awareness and Cultural Communication, Anglicare Central Queensland - Longreach
- **10 May** - Islamic Faith Cultural Briefing and Cultural Awareness, Longreach

UPCOMING EVENTS

Mark your Calendar

Brisbane Region

Contact Bushra Aman, 0413 054 642 or baman@diversicare.com.au

- **15 Mar** - Working in Diverse Teams
- **21 Mar** - Harmony Day Multicultural Festival, South Bank
- **28 Mar** - Cultural Awareness Training
- **Apr (TBA)** - Culture and Disability for Flexible Living
- **Apr (TBA)** - Culture and End of life
- **10 May** - Cultural Briefing, Longreach
- **May (TBA)** - Dementia and Culture
- **May (TBA)** - Diversicare Forum

Brisbane Region (CALD Community)

Contact Taryn Quach, 0413 512 967 or mas.brisbanesouth@diversicare.com.au

- **24 Mar** - Information Stall-Harmony Day Festival, Robelle Domain-Springfield
- **April (TBC)** - Information Session for the Taiwanese community, Acacia Ridge Hall, 13 Coley Street, Acacia Ridge
- **13 May** - Information Session for the Sikh Community Brisbane Sikh Temple, 2679 Logan Road, 8-Mile Plains, 2-4 pm

Brisbane North/Sunshine Coast/ Wide Bay Regions

Contact Thana Roysmith, 0447 721 968 or mas.sunshine@diversicare.com.au

- **21 March** - Harmony Day Celebrations, Munduberra, Nambour
- **22 March** - Cultural Awareness Training with Carers Queensland, Blue Care, Gayndah
- **27 March** - Working in Culturally Diverse Teams Training, Open session, Maryborough Neighbourhood Centre
- **17 April** - Information session on NDIS, Aged Care and Carers, Sunshine Coast
- **26 April** - Information on Aged Care and Carers, Caboolture

- **3 May** - 6th Multicultural Seniors Expo, Sunshine Coast
- **20 June** - Culture and Dementia Training with Ozcare, Open Session-Bundaberg
- **21 June** - Culture and Dementia Training with Ozcare, Open Session-Hervey Bay

North Queensland Region

Contact Julie Fraser, 0407 045 203 or j.fraser@diversicare.com.au; or Chrissie Ma-amo, 0428 332 965 or mcma-amo@diversicare.com.au

- **20 Mar** - Display Stall with NDIS, Charters Towers
- **20 Mar** - Harmony Day celebrations, PCYC, Aitkenvale
- **11 Apr** - Display Stall at JCU
- **17 Apr** - Culture and Mental Health, Burdekin
- **18 Apr** - Culture and Mental Health, Townsville
- **19 Apr** - Culture and Mental Health, Ingham
- **26 Apr** - Ozcare
- **22 May** - World Day for Cultural Diversity, Townsville
- **(TBA)** - Community Information Session with PNG community

Cairns Peninsula Region

Contact Marcela Fischer, 0432 322 154 or mas.peninsula@diversicare.com.au

- **Every 1st Thursday of the month** - Monthly Seniors Morning Tea and Information Session, 10am to 12pm, Hambledon House Community Centre, Edmonton
- **29 April** - Cultures in Harmony 2018, 9am - 2pm, The Tanks Centre
- **31 May** - Forever Young Better Hhealth and Wellbeing for our Culturally Diverse Older Australians, 8am - 5pm, Cairns Convention Centre