

Teacher Information

Timeline of the Australian Cuisine

Before 1788	Indigenous Australians obtained their food by hunting and gathering. (Explore native Australian foods with your class to provide more detail on Indigenous food and cooking techniques.)
1788	The First Fleet arrived. They had flour, rice, salted meat, sugar, salt and seeds. First crops failed. Native foods were considered inedible.
1789	In the first year of European settlement at Port Jackson, adults received a weekly ration of 7 lb of flour, 7 lb of pork or beef, 3 pints of peas, 6 oz of butter and 1/2 lb rice. These rations were supplemented by any food the settlers could grow. Public gardens were planted at Farm Cove.
1830	First Greek settlers arrived.
1840	Many Chinese arrived.
1845	Meat canned in Australia and exported to Britain.
1849	Large cities have restaurants with a French influence despite Australia not having a large French Population.
1870	Railway systems became functional.
1871	Italians grew mulberries and olives.
1880's	First successful shipment of frozen meat to Britain.
1920-27	Thousands of Italians arrived and worked in sugar cane fields and mines, later worked in the food industry.
1939-45	US troops were in Australia and wanted beef, pork, sweet corn, orange juice, tomato and chili con carne. The US Military brought out technology to 'renovate' our food industry.
1945-55	Supermarkets, frozen foods and fast foods increased in availability and popularity.
1947	Migrants from European countries and the Middle East arrived and eventually opened restaurants some of them featuring their traditional cuisines.
1950	Chinese restaurants opened. Italians opened restaurants and took control of growing fruit and vegetables.
1950-70	Post war immigration boomed. Australians began to travel and experience a range of new cultures. The demand for different raw

	ingredients increased. Convenience foods introduced as women were working.
1955	Foods that suited our climate were introduced. e.g. salads, chilled desserts
1968	KFC outlets opened.
1970	McDonalds and Pizza Hut outlets opened.
1980-90	Influx of 'gourmet', vegetarian and diet foods.
1990- 2000	Our cuisine is light, bright and attractive based on the Japanese cuisine. Characterised by fresh local ingredients, rare meat, crunchy vegetables, light sauces, unusual combinations of ingredients, ideas gathered from around the world with small serves of food presented on large plates.
2009	1 st Series of Masterchef Australia - captivated home cooks "Celebrity Chefs" and cooking shows had never been so popular, encouraging home cooks to expand their culinary skills and try cooking with new ingredients
2010 - today	As we entered the second decade of the 21st century, the latest "in" cuisines were Korean, Mexican, South American (BBQ) and Scandinavian. Move towards, minimum waste, using local produce and consideration of food alternatives to cater for food allergies and intolerances

Related articles and support documents

<https://www.australiangeographic.com.au/topics/history-culture/2014/06/australias-cuisine-culture-a-history-of-food/>

<http://www.abc.net.au/news/2017-04-05/australians-are-changing-their-eating-habits/8415526>

<https://australianfoodtimeline.com.au/>



Refresh.ED is funded by the Department of Health
www.refreshedschools.health.wa.gov.au