

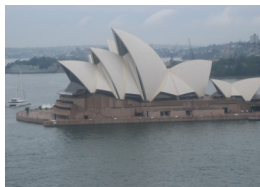
AUSTRALIA

For the Busy Moms

Welcome to Australia!

Australia—both a continent and a country— is located in the Southern Hemisphere between the Pacific and Indian Oceans.

1. Sydney is the largest city, Canberra is the capital, and it's city of Melbourne is a cultural center.
2. Currency: Australian dollar.
3. Geography: tropical rainforests in the northeast, deserts in the center, mountain ranges in the south-east.
4. Australia consists of 6 States: New South Wales, Queensland, South Australia, Tasmania, Victoria and Western Australia. It also has three internal territories. Most of Australia's population lives along the eastern coast.
5. The Great Barrier Reef is the largest coral reef in the world and has over 350 species of coral. It is located in the Coral Sea off the coast of Queensland, Australia.
6. The Outback is a vast, hot, remote, desert-like area covering a large portion of inland Australia.



FUN FACTS:

1. In the Outback, many truck trailers are joined together to make a long road train. The longest road trains in the world, the 3Bs or Centipedes, are 160 feet long and weigh 205 tons. They have 110 wheels!
2. The Sydney Opera House is a famous performing arts center located at Sydney Harbour. It has 1 million roof tiles!
3. Popular animals in Australia include: koalas, kangaroos, wombats, and emus as well as the only egg laying mammals on earth—the platypus and echidna. Australia has over 500 national parks to protect its animals.
4. Debate exists as to whether Uluru or Mount Augustus is the world's largest rock! Mount Augustus is 2 1/2 times bigger but consists of various rock types; Uluru is said to be a single rock monolith.

Aboriginal Art

Aboriginal art contains dots, patterns and symbols which serve as a culturally traditional way of telling stories. Make your own painting based on indigenous art techniques. See page three of this activity packet!

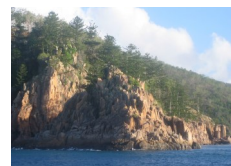


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Family Activities

1. Try your hand at the indigenous painting craft activity!
2. Make some campfire damper—bread prepared over an open fire. This will take you into the Outback! A quick internet search will give you several recipe options based on your ingredient preferences.
3. Read: *Possum Magic* by Mem Fox and *Edward the Emu* by Sheena Knowles.
4. Make a boomerang out of cardboard. Follow the instructions at: <https://www.wikihow.com/Make-a-Boomerang#A-4-Winged-Cardboard-Boomerang> or just google “How to make a boomerang.”
5. Check out the links to several virtual reality 3D videos of Australia at Forthebusymoms.com!



Food and Australian History

Popular Australian foods include meat pies, parmigiana and sausage rolls while popular tasty treats include Anzac biscuits, lamingtons and Tim Tam biscuits. Have you ever tried vegemite on toast? Check out page two for tonight's recipe to serve up meat pie!

Let's take a closer look at Anzac biscuits. They are often associated with ANZAC Day—a holiday celebrated jointly for Australia and New Zealand. Just as we celebrate Memorial Day in the United States to honor the men and women who died while serving in the military, people in Australia and New Zealand celebrate ANZAC Day to commemorate those who served and died in all wars, conflicts and peace keeping operations. ANZAC Day was first celebrated in 1916 to honor the members of the Australian and New Zealand Army Corps (ANZAC) who served in the Gallipoli Campaign, their first campaign in World War I.

Australian Meat Pie

Ingredients (Makes one pie)

Prep time: 10 minutes

Cook time: 1 hour, 20 minutes

1 pound sirloin cut (or 1 pound already chopped/minced beef from the store)

1 tablespoon olive oil

1 1/2 cups onion, diced

3/4 cup carrot, diced

1 garlic clove, chopped

2 tablespoons ketchup

2 teaspoons Worcestershire sauce

1/2 teaspoon ground black pepper

1/4 teaspoon oregano

1/8 teaspoon nutmeg

1/2 cup beef broth or vegetable broth

1/4 cup water

3 tablespoons almond flour (optional)

2 puff pastries

1 egg white



Instructions

1. Remove puff pastries from freezer. Follow package directions to thaw the puff pastries. This may take up to 40 minutes.
2. If you bought pre-chopped/minced beef, skip to step two. If you need to mince your sirloin, use a sharp knife to cut the sirloin into 1/4 inch cubes.
3. In a large skillet, heat oil over medium-high heat; brown the meat.
4. Add onion, pepper, oregano and nutmeg. Sauté onion over medium heat for 3 minutes. Add carrots, ketchup and Worcestershire sauce and sauté for an additional 3 minutes.
5. Add beef broth or vegetable broth and water. Bring to a boil, then cover and continue to boil for 15 minutes.
6. Preheat oven to 400 degrees F.
7. After the 15 minutes, add almond flour to the meat mixture. Mix.
8. Remove meat mixture from heat and let cool for at least 5 minutes.
9. Prepare both puff pastries (roll out to a size big enough to cover a pie pan). Grease a pie pan and line with one puff pastry.
10. Add the meat mixture. Brush the edges of the puff pastry with the egg white. Add the second puff pastry on top. Press the edges together and brush the top with the egg white. You can trim the extra pastry or just fold over the extra pastry on top of the pie.
11. Bake for 10 minutes at 400 degrees F. Then bake for an additional 25 minutes at 350 degrees F.



Meat Pie
Preparation



Anzac
Biscuits

Busy Mom Tip:

I recommend pairing this meat pie with a side salad and some Anzac biscuits!

Aboriginal Painting

Aboriginal culture reaches back over 60,000 years. Australian Aboriginal people had no written language. They relied on their artwork to convey important cultural stories from generation to generation. Children were often taught lessons on right from wrong through story symbols. Just as indigenous art was centered on story telling, now you can create your own story through making a dot art project!

Step 1: Gather supplies: an item to paint on (piece of bark, rock, square from a brown paper bag, a piece of cardboard or construction paper); small circular paint brush or about 10 Q-tips, various colors of paint. Younger kids can use water colors as an option. They will need a cup filled with water to clean the brush after each color.

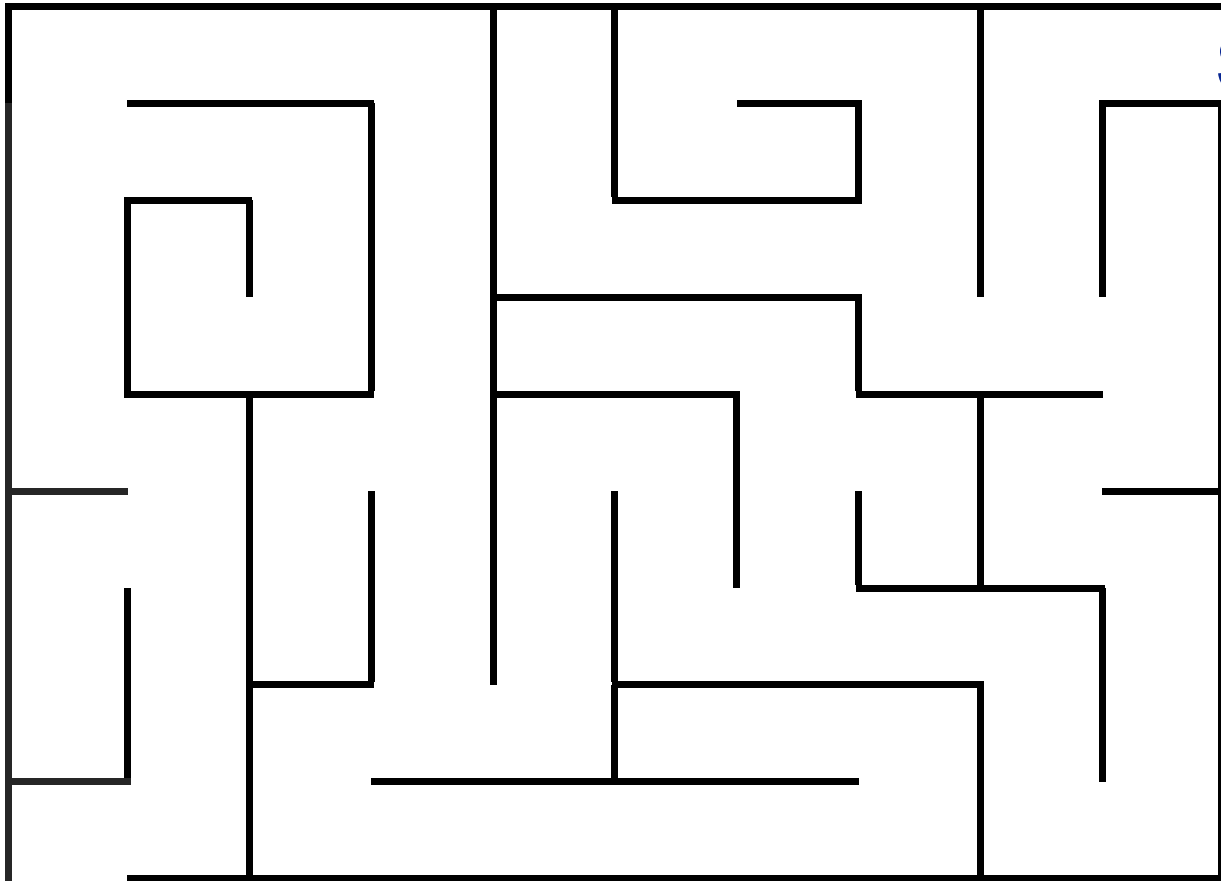
Step 2: Think about what story you want to tell and what design with dots you will make to tell the story. Parents, you might want to help younger kids trace or draw an object (shape, design or animal) on the item you plan to paint in order to provide a guide for the kids to paint dots along.

Step 3: Dip a paintbrush or Q-tip in the paint color of your choice and begin by making a series of dots in any pattern or shape to tell your story. Switch colors as desired. Use a new Q-tip or brush for each color or clean your brush in between colors.

Step 4: Once you are finished telling your story with the dots, allow your painting to dry.



Maze



Start

Finish

Bonus

Word Scramble

usAtlaria _____

aloka _____

zanca _____

feer _____

uurlu _____

What is the name of this wind instrument developed by the Aboriginal people of northern Australia?

