

<b>Primates</b> - Apes	4 million years ago Moved from trees to ground Diet of plants, seeds, roots, insects and other animals
<b>Australopithicus</b>	3 million years ago Teeth changed (harder foods like nuts) Forefeet to hands Use of tools Ate plants and meat.
<b>Homo-Habilis</b>	1.8-2.5 million years ago Butchered own meat Protein for brain development
<b>Homo-Erectus</b>	1.8 million years ago Use of fire for cooking Cooking makes food more digestible Provides more energy Protein for brain development
<b>Neanderthals</b>	1.4 million years ago Skilled hunters Used tools Protein for brain development
<b>Homo-Sapiens</b>	250,000 years ago Ate more fish and plants than Neanderthals
<b>Neolithic Revolution</b> -food supply secured -population explosion -water vital (administration of this is basis for civilisation) -Excess food traded - pottery and textiles -increasingly complex (politics, religion, Military)	12,000BCE – 3000BCE Change from hunter gatherer lifestyle Basic farming Grains grown and wild animals farmed Established homes and settlements Symbiotic farming
<b>300BCE-100BCE</b> Persian, roman, Chinese and Indian empires	Spices wanted Silk road trade route established trading -textiles -medicines - spices -Ideas -Diseases
<b>15<sup>th</sup>-17<sup>th</sup> Centuries</b>	Sailing expeditions (Europe – Asia) Christopher Columbus – Discovered America New food introduction Potatoes, corn, chocolate, tomatoes, peppers, squash, pumpkin and zucchini to Europe Grains, apples, Apricots, carrots, and livestock to America
<b>Industrial Revolution</b> -technologies -fewer land workers -Transportation -Refrigeration -Canning	18 <sup>th</sup> – 19 <sup>th</sup> centuries Populations moved to cities – dietary patterns changed Advanced farming practices (crop rotation, fencing, machinery) Food moved from local to global supply Regional cuisines became national cuisines.

<b>Scientific Revolution</b>	20 <sup>th</sup> century Focus on food and nutritional development Knowledge of nutrients Food safety Microbiology Creation of fertiliser and pesticides Creation of highly productive seeds
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<b>Australian food culture</b>	Food history Food consuming patterns Food availability Food ritual Food prep and cooking Flavour principles
<b>What is cuisine?</b>	A style and manner of cooking Cuisine = basic foods + cooking techniques + flavour principles. National vs regional Cuisines grow through adoption of new ingredients or old ingredients used in new ways.
<b>Regionality or Terroir</b>	Combination of natural factors and human factors impacting food culture. Creates unique character of food from small agricultural areas
<b>Australian Foods</b>	Kangaroo Lamingtons Vegemite (predictor of nationality)
<b>New Settlers</b> -British settlers	Late 1700's – early 1800's Foreign food sources Lack of water Some similar foods (swans, geese, eels, fish) Establishment of European crop and livestock Introduction of foreign livestock (deer, rabbits) Staples (beef, mutton, pork, flour, tea, salt, rum) Rations for explorers
<b>Urbanisation</b>	1800's-1900's Establishment of cities Marketplaces and shops Home gardening Technological advances in agriculture -flour mills - canning - refrigeration - public eating houses 1850's gold rush brought foreign food influence First Australian cook book 1864