

Resource Kit for Secondary Teachers

A guide for self-directed student tours at the Queen Victoria Market

Why has this kit been developed?	This resource kit has been developed for secondary teachers to assist with running self-directed student tours at the Queen Victoria Market.
What is in this kit?	The information, resources and materials provided in this kit will help to make your visit to the Queen Victoria Market a pleasurable and highly educational experience.
What areas are covered?	<p>The three areas covered in this kit:</p> <ul style="list-style-type: none"> * The history of the Queen Victoria Market * Food and nutrition at the Queen Victoria Market * Sustainability at the Queen Victoria Market
Who is this kit for?	<p>The material in this kit has been developed for secondary teachers and both lower and upper secondary students:</p> <ul style="list-style-type: none"> * Lower Secondary (years 7-9)
Who has been catered for?	The material in this kit provides activities that cater for a range of different learning styles.
What are the learning outcomes?	Student will gain a greater understanding of the Queen Victoria Market by undertaking the activities in this kit.
What subject areas are covered?	The materials in this kit can be used for a range of subject areas with particular relevance to subjects such as history, geography, food technology, languages other than English and studies of society and the environment.
How to use this kit?	<ul style="list-style-type: none"> * Firstly, read over the information for teachers before coming on site. Complete the relevant details on the student instruction handout. * Select a subject area and print the student instructions, relevant activity and evaluation sheets for the students. * Complete the teacher evaluation sheet and return it to the Market after visit.

<p>What does this kit include?</p>	<p>This kit includes:</p> <ul style="list-style-type: none"> * Introduction * Teacher information * Student instructions * Map of the Queen Victoria Market * Student Activity Sheets * History of the Queen Victoria Market * Food and nutrition at the Queen Victoria Market * Sustainability at the Queen Victoria Market * Student and teacher evaluation sheets
<p>How do I print the activity sheets?</p>	<p>The activity sheets have been designed with the environment in mind, please print double sided, with black and white text printing option. Information can be added and deleted from the student instruction sheet before printing.</p>
<p>What do the student activity sheets cover?</p>	<p>The student activity sheets have been structured with information in the left hand column and questions/activities in the right column. Reading the information in the left hand column will assist the students with the activity in the right hand column.</p>
<p>How long does it take to complete an activity sheet?</p>	<p>Allow two hours per subject set.</p>
<p>What group size works best?</p>	<p>Break up the students into small groups of 3-4, with each group starting on a different section of the subject area.</p>
<p>Where to start?</p>	<ul style="list-style-type: none"> * Each of the three subject areas have been broken down into eight sections each with a different starting point. 'An Introduction to the Market' is common for all three areas. * The symbol on the top left of the page is marked on the map, this indicates where to start each section. This makes it possible for student groups to start in different sections and rotate on site as they progress through each section.
<p>When we get back to school?</p>	<p>A student evaluation form can be completed back in class.</p>

Teacher Information

What you need to know when visiting the Queen Victoria Market

<p>Who do I notify when bringing a group of students on site?</p>	<p>Contact the Market office: 513 Elizabeth Street, Melbourne VIC 3000 Phone: 9320 5822 Fax: 9328 2710 info@qvm.com.au www.qvm.com.au</p>
<p>What information do I need to provide?</p>	<p>You will need to provide the following details:</p> <ul style="list-style-type: none"> * Date of visit * Time of arrival * School name * Number of students * Year level * Reason for visit * Contact name and number of teacher on site
<p>Is there a cost to come on site?</p>	<ul style="list-style-type: none"> * A cost to the school may be incurred if a Queen Victoria Market tour guide is needed. * Your school may be required to complete a release and indemnities form. * Please read over the School Excursion Policy on the website before your visit: http://www.qvm.com.au/qvm/school_information.aspx
<p>When is the Market open?</p>	<p>The Queen Victoria market is open on the following week days:</p> <ul style="list-style-type: none"> * Tuesday 6am to 2pm * Thursday 6am to 2pm * Friday 6am to 5pm <p>It is also open on the weekend. Food precincts including meat, fruit & vegetables and general merchandise stalls are open on all trading days. The Market is closed Mondays, Wednesdays and the following public holidays: Good Friday, Anzac Day, Melbourne Cup Day, Christmas Day, Boxing Day and New Year's Day.</p>

What transport options are available?	See website for parking and public transport options: http://www.qvm.com.au/location_hours.aspx
What do I need to do when I arrive on site?	Have a designated meeting place; Therry Street Plaza (near the florist kiosk) is nice and central. Contact the Market office to let them know when you arrive on site.
Where are amenities located?	On the map you will find marked the visitors centre and toilets. There are a number water fountains located around the market, however it is advisable for students to bring water with them.
What do I do in the case of an emergency?	In the case of an emergency contact the Market Office: Phone: 9320 5822 or dial 000
What do I need to let students know?	The student instruction sheet outlines the information that students need to know when visiting the Queen Victoria Market. Please complete this sheet with all relevant information.
What do I need to highlight?	Students should be asked to respect the rights and feelings of other shoppers and to always act in a courteous and considerate manner.
How much supervision is recommended?	Schools should ensure that there is sufficient adult supervision for the number of students on the excursion. Students should not be left to wander the Market in large groups unsupervised.
What are the guidelines around students approaching Market Traders?	When students are required to approach Market Traders for information as part of their structured activities, we ask that they be instructed not to take up more than a few moments of a Trader's time. Please ensure that different groups of students do not approach the same Trader multiple times to ask the same question. We also ask groups not to linger around the one Trader for too long, interrupting their potential sales.
Do I require a permit to film or photograph?	The school may be required to obtain a permit from the Queen Victoria Market Pty Ltd for student activities undertaken on site. This includes, but is not limited to, any filming or photography. For more information, please email info@qvm.com.au

We hope you enjoy your excursion to Queen Victoria Market and thank you for considering the Market as a place of interest.

Student Instructions

What you need to know when you visit the Queen Victoria Market

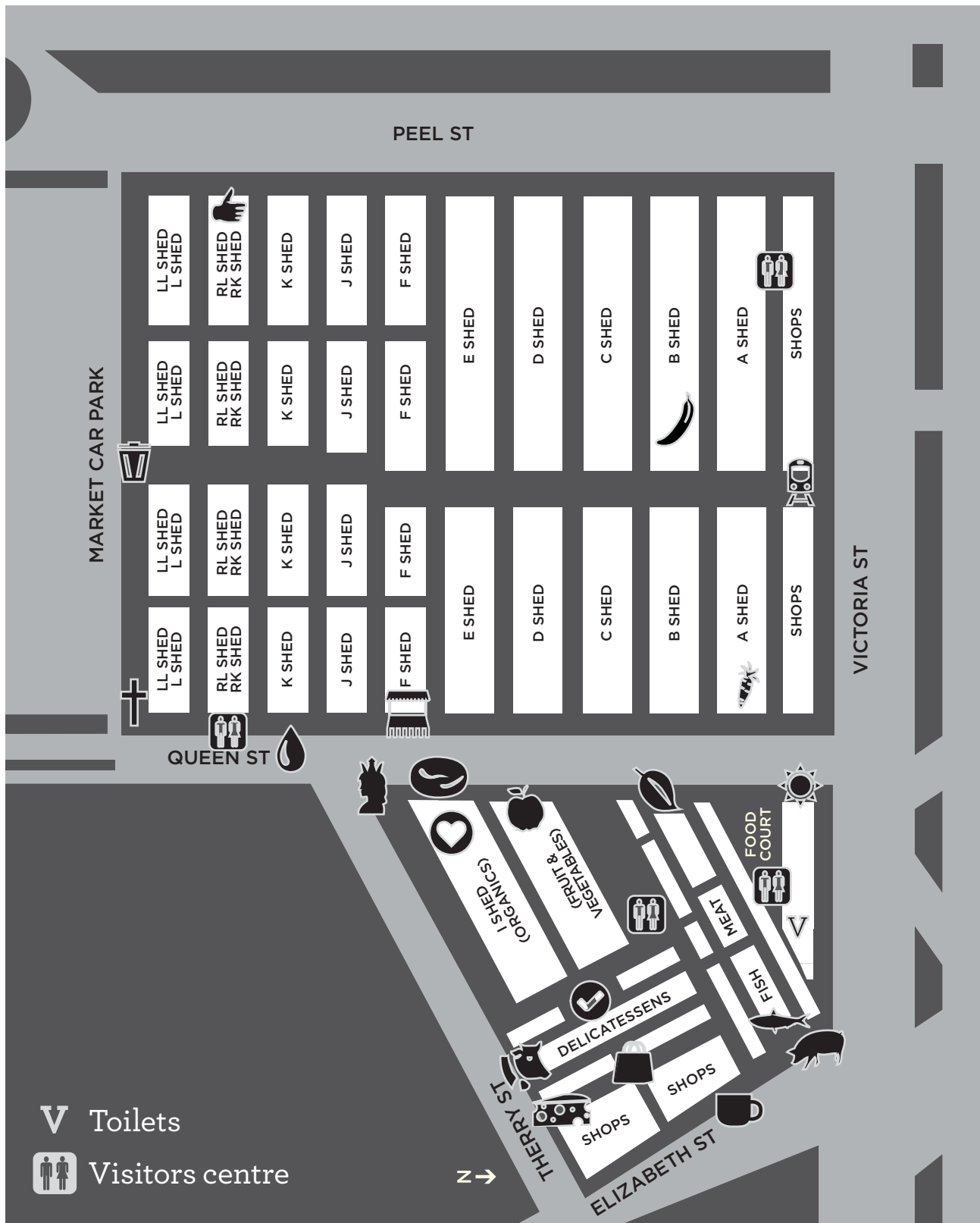
Where are we going?	On we will be visiting the Queen Victoria Market.
Why are we going?	
A brief introduction	A historic site, the Queen Victoria Market is an open-air market, best known for its huge variety of fresh produce, including fresh fruits and vegetables, meat, chicken, seafood and delicatessen products.
How do I get there?	Queen Victoria Market is situated on the corner of Victoria and Elizabeth Streets in the Melbourne Central Business District (CBD). We will be travelling (insert instructions on how to get to the Market). Public transport details available on the Market website http://qvm.com.au/location_hours.aspx
Where will we meet?	We will meet at at Therry Street Plaza (near the florist kiosk). A detailed map of the Market will be provided on the day.
What do I need to bring?	You will need to bring the following: <ul style="list-style-type: none"> * clipboard * pen * worksheet provided * other (insert other here such as camera) Bring morning tea, a cut lunch or money to buy lunch (if relevant) and a water bottle.
What do I wear?	<ul style="list-style-type: none"> * Dress for the excursion in (uniform/neat casuals) and wear solid footwear for walking. * Bring a rain jacket if the weather is wet and/or a sun hat and sunscreen in the warmer months.

What do we do at the Market?	While at the Queen Victoria Market you will For your safety you will work in small groups of students.
When can I leave?	You are required to stay at the Queen Victoria Market until We will meet at for roll call and morning tea/lunch at
What do I do in an emergency?	In the case of an emergency contact the Market Office: Phone: 9320 5822 or dial 000
Can I ask Market Traders questions?	Yes, but please follow the guidelines below: <ul style="list-style-type: none">* Ask them if they are happy to answer a question* Keep questions brief and limit to one or two* Remember to thank them for their time and help.

Important Reminder

**Please respect the rights and feelings of other shoppers
by acting in a courteous and considerate manner**

Map of Queen Victoria Market



An introduction to the Queen Victoria Market

<p>The Queen Victoria Market was officially opened on 20 March, 1878; a range of markets had operated from the site prior to that date.</p>	<p>How old is the Queen Victoria Market?</p>
<p>The Market is named after Queen Victoria who ruled the British Empire, from 1837 until her death on the 22 January, 1901. She was born 24 May, 1819.</p>	<p>How old was Queen Victoria when the Market was opened?</p> <p>How old was Queen Victoria when she died?</p>
<p>Melbourne was founded in 1835, 47 years after European settlement of Australia.</p> <p>Governor Richard Bourke named Melbourne in 1837, in honour of British Prime Minister Mr William Lamb, 2nd Viscount Melbourne.</p> <p>Queen Victoria officially declared Melbourne a city in 1847. In 1851 Melbourne became the capital city of the newly created colony of Victoria.</p>	<p>Where is the Market located?</p> <p>On the map of the city, mark the location of the Market.</p>

<p>Before the arrival of European settlers, hunter-gatherers from three indigenous regional tribes occupied the area for an estimated 40,000 years: the Wurundjeri, Boonwurrung and Wathaurong.</p>	<p>What is the history of the land that the Market is now situated on?</p>
<p>A historic site, the Queen Victoria Market is an open-air market, best known for its huge variety of fresh produce, including fresh fruits and vegetables, meat, chicken, seafood and delicatessen products.</p>	<p>List the purpose of the land now:</p> <ul style="list-style-type: none"> * * * * * *
<p>This area was an important meeting place for the clans of the Kulin nation alliance, as well as a vital source of food and water.</p>	<p>What are the main similarities of land use?</p>
<p>The site has been a cemetery, school, drill hall, a livestock market and a wholesale fruit and vegetable market.</p>	<p>What are some of the differences?</p>



EAST MELBOURNE

FITZROY GARDENS

TREASURY GARDENS

CARLTON

QUEEN VICTORIA MARKET

ETHAD STADIUM

DOCKLANDS

Victoria Harbour

Yarra River

Yarra River

PORT MELBOURNE

A comprehensive street map of Melbourne, Australia, showing a dense grid of streets and various landmarks. Key areas include East Melbourne, Fitzroy Gardens, Treasury Gardens, Melbourne Park, and the Docklands. The Yarra River flows through the center, with several bridges crossing it. Major thoroughfares like Elizabeth St, Sturt St, and St Kilda Rd are clearly marked. The map also shows the Victorian Parliament building, the Melbourne Exhibition Buildings, and the Queen Victoria Market. Numerous public transport routes and stations are indicated by icons and labels.



History of Queen Victoria Market

A brief outline of the Queen Victoria Market today

<p>How big is the Market today?</p> <p>What is an open-air market?</p>	
<p>The Town of Melbourne (now City of Melbourne) was established in 1842 and commissioners were elected to manage Melbourne's Markets, including what is now Queen Victoria Market.</p>	<p>What municipality/council do you live in?</p>
<p>As a wholly owned subsidiary of the Melbourne City Council, the Market has 140 leasehold premises, over 600 stallholders, and draws over 10 million visitors per year.</p>	<p>Looking at the site map, list the 8 main areas of trading at the Market:</p> <ul style="list-style-type: none"> * * * * * * * *

Give an example of an item sold in each trading area:

- *
- *
- *
- *
- *
- *
- *

The Market originally sold both wholesale and retail fruit and vegetables until 1969 when the wholesale market was opened in Footscray Road. There are now over 700 businesses operating from this site.

What is the difference between wholesale and retail?

The Queen Victoria Market is the only surviving 19th-century market in Melbourne's central business district.

Can you name any other retail fruit and vegetable markets in Melbourne?

The Market is significant to Melbourne's culture and heritage and has been listed on the Victorian Heritage Register.

List 3 key reasons that the Market is culturally significant:

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- *
- *

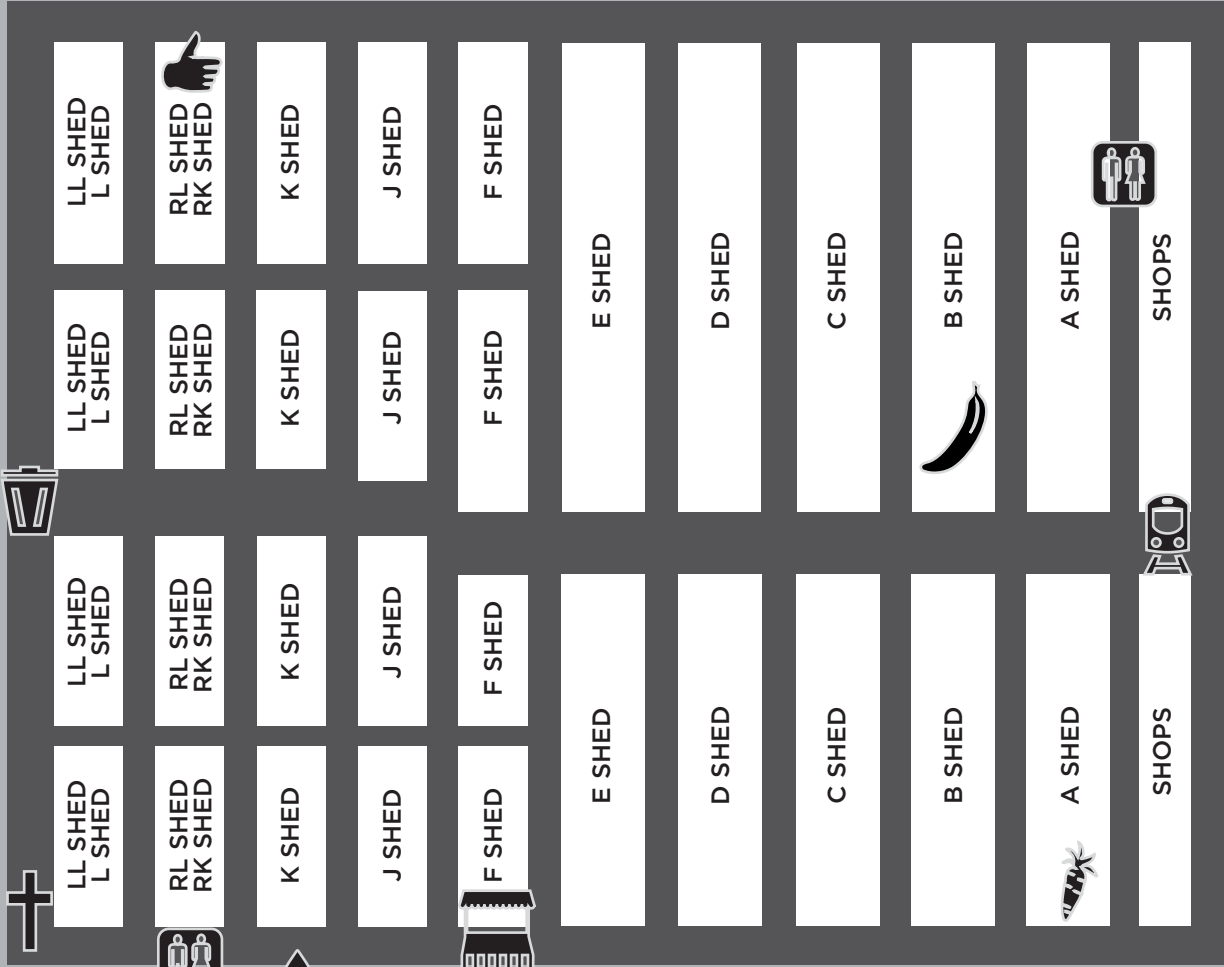
What is the Victorian Heritage Register?

Horses and carts no longer travel on the cobblestones between the shops.

What can you observe today that would not have been present 50 years ago?

PEEL ST

MARKET CAR PARK



QUEEN ST

VICTORIA ST



Toilets

Visitors centre



History of Queen Victoria Market

The old cemetery and the Queen Victoria Market

<p>The closure of the old Melbourne Cemetery in 1854 allowed the Market to expand.</p>	<p>What is a cemetery?</p> <p>How many years ago did the old Melbourne Cemetery close?</p>
<p>There are still more than 7,000 people buried under the sheds and car park of the Queen Victoria Market.</p>	<p>Describe the memorial to these people that stands on the corner of Queen Street and Therry Street:</p>
<p>John Batman (21 January, 1801–6 May, 1839) was an Australian grazier, businessman and explorer who is best known for his role in the founding of a settlement which became Melbourne.</p>	<p>Locate the John Batman memorial on Queen Street (the northeast corner of the car park site). When was this monument erected and by whom?</p> <p>What year did John Batman enter Port Phillip heads?</p> <p>How old was he when he arrived?</p> <p>Locate the brass plate attached to the monument. Explain why the City of Melbourne has apologised to indigenous people and to the traditional owners of the land:</p>

The cemetery was divided into sections to allow burials of people from different denominations and religions. A denomination is a subgroup within a religion that operates under a common name, tradition and identity.

Can you name 5 different religions?

- *
- *
- *
- *
- *

The original cemetery wall is now the rear wall of F Shed.

Sketch or describe the original cemetery wall:

History of Queen Victoria Market

The meat hall at the Queen Victoria Market

<p>Built in 1869, the wholesale Meat Market was stocked with sheep and cattle to support the '35-year-old' colony. After five years it was relocated to North Melbourne and is now known as the Meat Market Craft Centre. The Meat Hall has been operating as a retail centre for the last 125 years.</p>	<p>Where is the Meat Hall located?</p> <p>How old is the Meat Hall?</p>
<p>The architect William Salway rebuilt the façade of the meat hall in 1883 in the Italianate style, which was in line with European trends of the time.</p>	<p>Describe the Meat Hall façade (front of the building):</p>
<p>John Simpson MacKenna (1832–1901), a Scottish immigrant, sculpted the animals on the façade; his other works include the Law Courts and the Windsor Hotel.</p>	<p>What animals are depicted on the façade?</p>
<p>Doorways, that opened from the butcher shops to a laneway, were sealed in 1982 for health reasons with recycled bricks salvaged from demolition. More matching bricks had to be made and the bricklaying had to be completed in the original method.</p>	<p>Locate the Meat Hall wall. Can you see the original blue stone foundations and the archways?</p> <p>What can we learn about the history of a building from the materials used?</p>

<p>In 1982, the cobblestone floor had to be replaced as it would flood in heavy rains and was not the most practical material for modern activities.</p>	<p>What has the cobblestone floor been replaced with?</p>
<p>The long rail running the full length of the Meat Hall is an original feature and is still used to run carcasses into each shop where they are hung to mature.</p>	<p>What is the purpose of the long rail running the full length of the Meat Hall?</p>
<p>Trucks come from the abattoirs to offload supplies at the Queen Street entrance at 2.00am on a Monday morning.</p>	<p>What is an abattoir?</p>
<p>The butchers arrive at 4.00am to start cutting and preparing the week's supplies, an operation that can take up to eight hours.</p>	<p>Describe some of the activities of a butcher:</p>
<p>In the old days the stalls were half the size they are today and there was no running water. Butchers had to fetch water in buckets to clean out their shops. Some butchers brought ice to keep the meat cool; other butchers kept their meat in a cool room in Therry Street. The meat was then transported to their shops on small brown trolleys.</p>	<p>What is sold in the Meat Hall today?</p>



History of Queen Victoria Market

The Dairy Hall at the Queen Victoria Market

<p>The Dairy Hall, which was opened on September 13, 1929, is the last of the buildings to be built on the lower part of the Market.</p>	<p>Where is the Dairy Hall located?</p> <p>How old is the Dairy Hall?</p>
<p>The Dairy Hall has been left in its original condition and retains many of its art deco features.</p>	<p>Identify and describe/draw an art deco feature:</p>
<p>The original marble counters were the equivalent of today's refrigerated cabinets.</p>	<p>Can you locate an original marble counter?</p> <p>What is it being used for today?</p>
<p>The Dairy Hall, previously known as the Dairy Produce Hall, reflects the variety of food brought to Melbourne by immigrant groups.</p>	<p>What is sold in the Dairy Hall today?</p>

<p>As different migrant groups came to Australia they brought with them food from their own cultures. 90% of produce now sold in the Dairy Hall is produced in Australia.</p>	<p>List 10 products sold in the Dairy Hall that have their origins in different countries:</p> <table border="1"><thead><tr><th data-bbox="568 322 1046 353">Product</th><th data-bbox="1078 322 1315 353">Country of Origin</th></tr></thead><tbody><tr><td data-bbox="568 383 1046 414">*</td><td></td></tr><tr><td data-bbox="568 434 1046 465">*</td><td></td></tr><tr><td data-bbox="568 486 1046 517">*</td><td></td></tr><tr><td data-bbox="568 537 1046 568">*</td><td></td></tr><tr><td data-bbox="568 589 1046 620">*</td><td></td></tr><tr><td data-bbox="568 640 1046 672">*</td><td></td></tr><tr><td data-bbox="568 692 1046 723">*</td><td></td></tr><tr><td data-bbox="568 743 1046 775">*</td><td></td></tr><tr><td data-bbox="568 795 1046 826">*</td><td></td></tr><tr><td data-bbox="568 846 1046 878">*</td><td></td></tr></tbody></table>	Product	Country of Origin	*		*		*		*		*		*		*		*		*		*	
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<p>In 1998, the Queen Victoria Market was the first market in Australia to have all of its food vendors accredited in food safety requirements, which became law in 2000.</p>	<p>List 3 reasons why food safety is important:</p> <ul style="list-style-type: none"><li data-bbox="568 1025 590 1057">*<li data-bbox="568 1077 590 1108">*<li data-bbox="568 1128 590 1160">* <p>Give 1 example of food safety that you can see demonstrated in the Dairy Hall:</p>																						



History of Queen Victoria Market

The sheds at the Queen Victoria Market

<p>Construction of the A-F sheds began in 1877 at the northern-most edge of the Market. The site was chosen because it contained the school, drill hall and the least-used section of the cemetery.</p>	<p>How old are the sheds?</p>
<p>In 1878, the Market sheds G-J were built for wholesaling and retailing of fruit and vegetables for the first time.</p>	<p>What were the sheds built for?</p>
<p>While the H & I Sheds still stand, G Shed was removed to construct the current Meat Hall loading bay and a block of public toilets.</p>	<p>Locate the H & I sheds, what are sold in the sheds today?</p>
<p>The original J Shed burnt down and is now a public plaza.</p>	<p>Describe the function of the public plaza:</p>
<p>In 1929–30, the City of Melbourne constructed 60 brick stores on the current car park to house the wholesale agents and merchants. A single row of the Agents stores along Franklin Street is all that remains of the Merchants section of the Market.</p>	<p>What are the brick stores used for today?</p>

<p>In 1963, stallholder Vincent Angilletta was shot. This was the first of five shootings in the Market as a result of extortion to cheat immigrant Italian growers out of money.</p>	<p>What is extortion?</p>
<p>A Royal Commission led to the registration of merchants, saw limits placed on the commissions they could charge and the decision to relocate the Wholesale Market to Footscray in 1969.</p>	<p>What is a Royal Commission?</p>
<p>In the 1970s the State Government moved to close the market to build the 'Victoria Centre', which included an international hotel, convention centre and apartment blocks. Immediate reaction from the community put a halt to plans.</p>	<p>How was the Market saved from closure?</p>
<p>It was the veranda posts of the Market's sheds that saved the Queen Victoria Market.</p>	<p>Can you locate the posts that saved the Market from closure?</p>
<p>The National Trust of Victoria classified the posts as an original example of the craftsmanship and design of the 1920s.</p>	<p>What is the role of the National Trust of Victoria?</p>
<p>Later, the Market site and its buildings were listed on the Historic Buildings Register.</p>	<p>How does being listed on the Historic Buildings Register protect the Market?</p>



History of Queen Victoria Market

Retail shops at the Queen Victoria Market

<p>In 1880, the Elizabeth Street shops were constructed following the realignment of Elizabeth Street.</p>	<p>Compare the Meat Hall façade to one of the shops, what are some of the architectural differences?</p>
<p>William Salway designed the row of shops in Elizabeth Street in Victorian style to create an interesting streetscape that allowed the Meat Hall to be extended.</p>	<p>From your observations what are the key characteristics of the Victorian style?</p>
<p>List 5 different retail shops trading along Elizabeth Street:</p> <ul style="list-style-type: none"> * * * * * 	
<p>Dr William Maloney had his rooms at 513 Elizabeth Street.</p>	<p>What is located at 513 Elizabeth Street today?</p>
<p>The Visitors Centre (69 Victoria Street) was once a family home and then a hardware store.</p>	<p>Mary Healy was born upstairs on 30 December, 1893. A copy of her birth certificate is on display in the cabinet. What information is recorded on her birth certificate?</p>

<p>The Healy family was a family of tailors that operated a shop on the ground floor of the building. By 1904 they had relocated their business to 511 Elizabeth Street.</p>	<p>What does a tailor do?</p>
<p>Like Elizabeth Street, the Victoria Street shops were constructed as shops at ground level with living quarters to the rear and above for the retailers and their families.</p>	<p>List 5 different traders and the main product sold in Victoria Street:</p> <ul style="list-style-type: none">*****
<p>Many of the buildings are listed as notable buildings on the Historic Building Register of Victoria. The Market works with Heritage Victoria to conserve and restore the buildings.</p>	<p>Why is it important to conserve historic buildings?</p>

History of Queen Victoria Market

Sustainability at the Queen Victoria Market

<p>The plastic bag common today was only developed in the early 1960s.</p>	<p>What would have been used prior to plastic bags at the Market to carry produce?</p> <p>Today, why is there a move away from plastic bag use?</p>
<p>In 1891, the Melbourne and Metropolitan Board of Works (MMBW) was formed and became responsible for providing water to a rapidly growing city. It supplied water to Melbourne, via the Maroondah aqueduct.</p>	<p>In what way does water use reduce potential health risks at the market?</p>
<p>Gas street lighting reached Melbourne in 1849. Use of electric lighting is recorded from the late 1860s. In 2003, 1,328 solar panels were installed on the roof of the Market with the assistance of BP Solar and Origin Energy.</p>	<p>List 3 ways in which energy is now used that would have not been possible when the Market first opened:</p> <ul style="list-style-type: none"> * * *
<p>The Market is conscious of the environmental impacts of business, and has taken a number of steps to ensure the increased sustainability of the Market as a whole.</p>	<p>Why are businesses now starting to purchase green products?</p>

<p>The Market has an extensive recycling program that includes recycling the following wastes: fat and bone, fish offal, fats and oils, paper and cardboard, plastic, glass bottles, aluminium cans, timber and steel.</p>	<p>Tick which of the current waste streams would have been present when the Market first opened:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fat and bone <input type="checkbox"/> Fish offal <input type="checkbox"/> Fats and Oils <input type="checkbox"/> Paper and cardboard <input type="checkbox"/> Plastic <input type="checkbox"/> Glass bottles <input type="checkbox"/> Aluminium cans <input type="checkbox"/> Timber and steel <p>Where does waste end up today?</p>
<p>The organic farming movement arose during the 20th century in reaction to the large supply of synthetic chemicals that were being introduced into the food supply chain.</p>	<p>Why is there growing interest in organic produce today?</p>
<p>In 1837, Hoddle grid was laid out, forming Melbourne's first street system, which was used almost solely for horse and cart transport and pedestrians. Flinders Street railway station opened in 1854. The first cable tram to Hawthorn ran in 1855 and four years later the first electric tram.</p>	<p>When the Market first opened in 1878 what forms of transport would have been used to get to and from the market?</p> <p>What transport options are there now to get to and from the Market?</p>



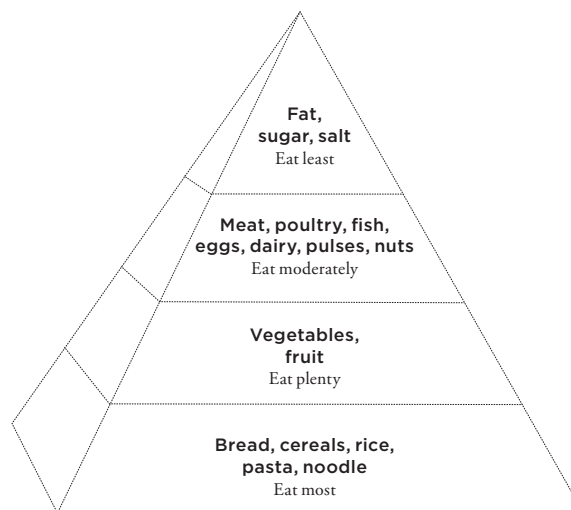
Food and Nutrition at the Queen Victoria Market

Introduction to food and nutrition at the Queen Victoria Market

On any full market day, shoppers can choose from 80 fruit and vegetable traders, 34 delicatessens, 24 butchers, 11 fishmongers, and around 650 general merchandise traders. Stalls are still paid for by Traders on a daily basis.

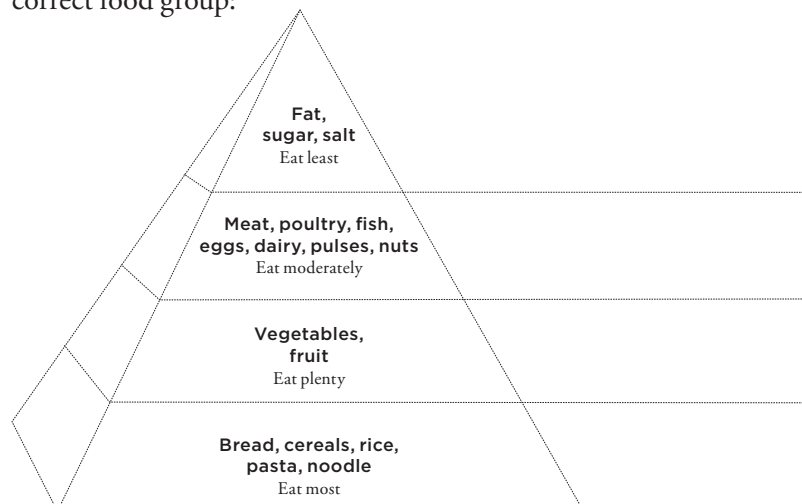
What are the main types of food sold at the Market?

The food pyramid is a guideline for the ratios of food types to be consumed daily in a healthy diet.



A balanced diet consists of a variety of foods across the food groups.

List what you have eaten today on the pyramid in the correct food group:



<p>Eating food allows our body to maintain health, growth and energy. This is made possible with the basic nutrients available in the food.</p>	<p>What is nutrition?</p>
<p>Food mainly consists of macronutrients, micronutrients and water. All these are essential factors for normal functioning of the body.</p>	<p>Macronutrients include carbohydrates, fats and proteins. List an example of a food sold at the Market that is high in each of the following:</p> <p>Carbohydrate:</p> <p>Fat:</p> <p>Protein:</p> <p>Micronutrients are vitamins and minerals. List as many vitamins and minerals that you know of:</p>
<p>Nutritional requirements differ for each person; it depends on you age, sex, height, weight, activity and rate of growth.</p>	<p>Visit the food court to select a nutritious meal, what would you choose for lunch?</p> <p>What makes it nutritious?</p>
<p>If a person's diet does not meet the requirements of nutrients necessary for growth and maintenance of the body, malnutrition or under nutrition is the result.</p>	<p>What would have been a less nutritious choice for lunch?</p> <p>What makes it less nutritious?</p>



Food and Nutrition at the Queen Victoria Market

Eating at the Queen Victoria Market

<p>The hot donut van has operated for over half a century and has become part of local tradition, being known for its jam donuts.</p>	<p>Where is the hot jam donut van located?</p> <p>How much does a hot jam donut cost?</p> <p>Where would a jam donut sit on the food pyramid?</p>
<p>Foods high in sugar provide calories but not much in the way of nutrition. These foods include soft drinks, lollies and sweet desserts.</p>	<p>What is the recommended guideline on how much sugar to include in the diet?</p> <p>List 3 foods at the Market that are high in sugar:</p> <ul style="list-style-type: none"> * * *
<p>Salt is a mineral made up of sodium and chloride. It is the main source of sodium in our diet and it is needed by the body to help regulate fluid levels.</p>	<p>List 3 items at the market that are high in salt:</p> <ul style="list-style-type: none"> * * *
<p>The average Australian eats up to nine times more salt than is required for good health.</p>	<p>Locate a packaged product that is labelled 'no salt' or 'reduced salt'. What is the product?</p>

<p>Foods high in salt include processed, fast, canned and snack foods.</p>	<p>The following foods are high in salt, check which items below are sold at the Market:</p> <ul style="list-style-type: none"> <input type="checkbox"/> pizza <input type="checkbox"/> potato chips <input type="checkbox"/> hot dogs <input type="checkbox"/> salami <input type="checkbox"/> creamed corn <input type="checkbox"/> instant pasta <input type="checkbox"/> tomato sauce <input type="checkbox"/> soy sauce <input type="checkbox"/> bread rolls <input type="checkbox"/> sausages
<p>Fat is an important part of a healthy diet as it protects organs, keeps us warm and helps the body absorb and move nutrients around. It also helps hormone production.</p>	<p>Which of the items above have a high fat content?</p>
<p>Foods high in saturated fats include red meat, butter, cheese, and ice cream, as well as processed foods made with trans fats.</p>	<p>Where in the market would you find products high in saturated and trans fats?</p>
<p>Foods high in monounsaturated and polyunsaturated fats include vegetable oils, nuts, seeds, and fish.</p>	<p>Where in the market would you find products high in monounsaturated and polyunsaturated fats?</p>
<p>The key to a healthy diet is to choose foods that have more monounsaturated and polyunsaturated fats.</p>	<p>Name an alternative product that is higher in monounsaturated and polyunsaturated fats:</p> <p>..... instead of butter</p> <p>..... instead of steak</p>



Food and Nutrition at the Queen Victoria Market

The Dairy Hall at the Queen Victoria Market

The Dairy Hall, formally known as the Dairy Produce Hall, was the last building to be built on the lower part of the Market. It was constructed in 1929.

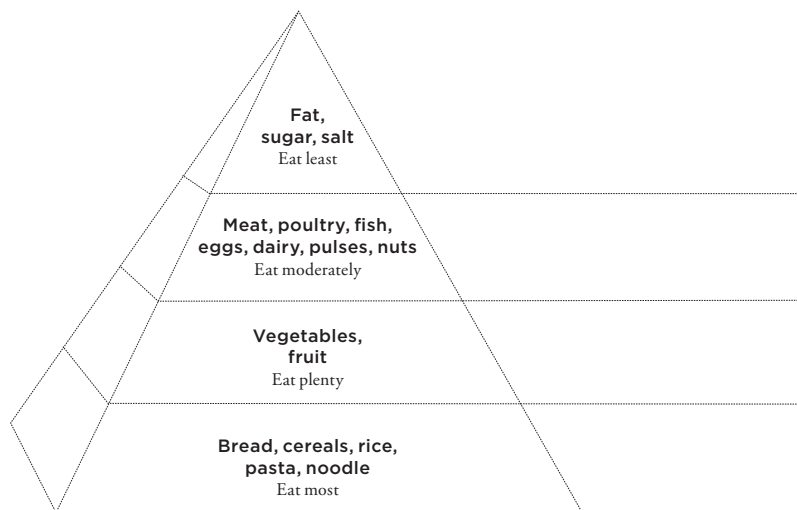
List 5 different products sold in the Dairy Hall:

- *
- *
- *
- *
- *

Which of the above is your favourite product and why?

Delicatessen was originally a term meaning 'delicacies' or 'fine foods' before being changed to become the name of the store where these foods were sold and shortened to *deli*.

Choose a shop in the Dairy Hall to see if you can find a product in each food group. Record your findings on the pyramid below:



Does the shop specialise in a particular food group?

Many products sold in the Dairy Hall are sold by weight.

Name 1 product sold by weight and the cost per kilo:

List 3 different dairy products available in the Dairy Hall:

- *
- *
- *

Where does dairy produce sit on the food pyramid?

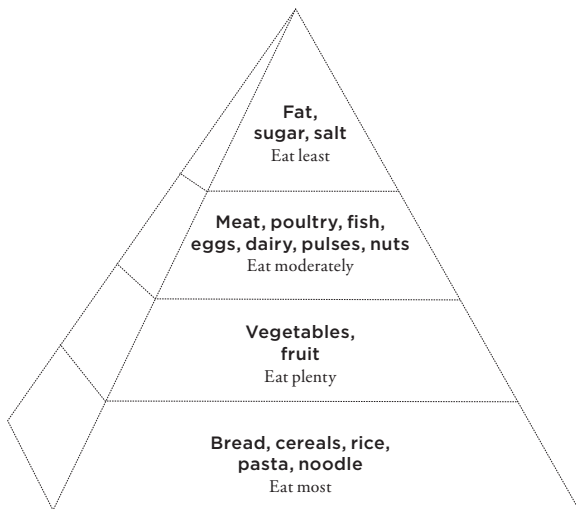
<p>In 1929, most stallholders were of English, Irish, Scottish or Welsh descent.</p>	<p>Find a product at the Dairy Hall that is representative of one of these cultures:</p>
<p>After 1945, Polish, Russians, Germans, Yugoslavs, Czechs and others settled in Melbourne.</p>	<p>Locate the following produce:</p> <ul style="list-style-type: none"> * liverwurst * smoked eel * pickled cucumbers * rye bread * apple strudel
<p>In the 1950s and 1960s Melbourne became home to large numbers of Italians, Greeks and Turks.</p>	<p>Find a shop that specialises in this food and describe the produce sold:</p>
<p>Most recently, Asian foods have emerged at the Market.</p>	<p>What evidence can you find that this is true:</p>



Food and Nutrition at the Queen Victoria Market

The meat hall at the Queen Victoria Market

Where does the produce sold at the Meat Hall sit on the food pyramid?



What is the nutritional value of meat, poultry and fish in the diet?

Meat was once sold in 10-pound chunks and the first butcher to cut up meat and sell it in chops was told by fellow butchers that it would not catch on.

How is meat sold today?

Give 3 examples of meat cuts for beef and their meaning:

- *
- *
- *

Describe the appearance of kangaroo meat.

What considerations need to be made when cooking kangaroo?

Why do many Traders specify their pork as being female?

All food vendors have been issued with Food Safety Programs and have undergone accredited Food Handlers Courses.

Why is food safety important when handling and storing food?

Outline some characteristics to look for when buying whole fresh fish:

What are some health benefits of eating fish?

How should fresh fish be stored?

What particular care must be taken when handling raw chicken?

What can be the consequences of incorrect storage?

Food and Nutrition at the Queen Victoria Market

Vegetables at the Queen Victoria Market

<p>Vegetables contain vitamins, minerals and other compounds, such as antioxidants or phytochemicals, which help protect the body against diabetes, heart disease and some cancers.</p>	<p>Why are vegetables an important part of the diet?</p>
<p>Vegetables are often cooked, although some kinds can be eaten raw.</p>	<p>List 5 vegetables that can be eaten raw:</p> <ul style="list-style-type: none"> * * * * *
<p>Vegetables are available in many varieties and can be classified into biological groups or 'families'.</p>	<p>List 3 or more vegetables in each of the families below:</p> <p>Edible plant stem -</p> <ul style="list-style-type: none"> * * * <p>Leafy green -</p> <ul style="list-style-type: none"> * * * <p>Root -</p> <ul style="list-style-type: none"> * * *

<p>Legumes or pulses contain valuable nutrients. They need to be cooked before they are eaten as cooking improves their nutritional quality, aids digestion and eliminates harmful toxins.</p>	<p>Why do legumes sit higher on the food pyramid than other vegetables?</p> <p>Legumes come in many forms. List products in each category below:</p> <p>Soy products -</p> <ul style="list-style-type: none"> * * * <p>Legume flours -</p> <ul style="list-style-type: none"> * * * <p>Dried beans and peas -</p> <ul style="list-style-type: none"> * * * <p>Fresh beans and peas -</p> <ul style="list-style-type: none"> * * *
<p>Foods of similar colours generally contain similar protective compounds. Eat a rainbow of colourful vegetables every day to get the full range of health benefits.</p>	<p>List the vegetables that you can find for each colour:</p> <p>Red -</p> <ul style="list-style-type: none"> * * <p>Green -</p> <ul style="list-style-type: none"> * * <p>Blue and purple -</p> <ul style="list-style-type: none"> * * <p>White -</p> <ul style="list-style-type: none"> * * <p>Which colour was the easiest to find and why?</p>
<p>Herbs are a type of plant used for seasoning food.</p>	<p>Identify 3 herbs that are sold at the Market:</p> <ul style="list-style-type: none"> * * *

Food and Nutrition at the Queen Victoria Market

Fruit at the Queen Victoria Market

<p>Fruit are the fleshy seed-bearing structures of plants that are sweet and edible in the raw state.</p>	<p>What fruits are in season now?</p> <p>How do you know when a fruit is in season?</p> <p>What are the nutritional benefits of eating food in season?</p> <p>What vegetables are actually the fruit of the plant?</p>
<p>In cooking, any large, oily kernel found within a shell and used in food may be regarded as a nut.</p>	<p>What nutritional value do nuts provide?</p> <p>List 5 common nuts:</p> <ul style="list-style-type: none"> * * * * *
<p>Fruits provide a good source of vitamins, including Vitamin C and folate, as well as carbohydrates in the form of natural sugars and fibre.</p>	<p>Why is fruit an important part of the diet?</p> <p>List fruit that you can find for each colour:</p> <p>Red -</p> <ul style="list-style-type: none"> * <p>Green -</p> <ul style="list-style-type: none"> * <p>Blue and purple -</p> <ul style="list-style-type: none"> * <p>White -</p> <ul style="list-style-type: none"> * *

Two serves of fruit and five serves of vegetables each day is the recommended allowance for adults.

Why are fewer servings of fruit recommended per day than vegetables?

Draw or describe a fruit you have never tasted before:

What country is this fruit grown in?



Food and Nutrition at the Queen Victoria Market

Organic food at the Queen Victoria Market

<p>The organic farming movement arose during the 20th century in reaction to the large supply of synthetic chemicals that were being introduced into the food supply chain.</p>	<p>What is organic food?</p> <p>Where do you find organic food at the Market?</p> <p>What are the health benefits to eating organic food?</p> <p>What are the environmental benefits of organic farming methods?</p>
<p>Organic certification is a process for growers of organic food to verify their growing methods to a set of standards.</p>	<p>How can you be sure that produce is organic?</p> <p>List examples of organic labelling that you can find:</p> <p>What other types of labelling can you find on products?</p>
<p>List the information that labelling on produce provides:</p> <ul style="list-style-type: none"> * * * * * * <p>Compare the labelling of eggs, what information is provided on a carton of organic eggs?</p>	

Compare the cost of 5 products:

Product	Organic	Conventional

How does organic produce compare?

What is biodynamic?



Sustainability at the Queen Victoria Market

Plastic bags at the Queen Victoria Market

In recent years the Market has initiated the push to reduce plastic bag usage by introducing its own branded, reusable shopping bags that are produced using recycled materials.

Why is the Market moving away from plastic bags use?

What are the possible impacts of reducing plastic bags at the Market?

What is the extent of plastic bag use that you can see?

What purpose do plastic bags serve at the market?

Can you see any evidence of alternatives to plastic bag use?

If not, can you think of alternative options?

Plastic bags were phased out of the Dairy and Meat Halls from July 2010, with plans to extend to the general merchandise traders by 2012.

Can you find any signage that explains this initiative?

What points does the signage highlight?

What suggestions do you have for improving the signage?

Sketch a possible sign below:



Sustainability at the Queen Victoria Market

Water use at the Queen Victoria Market

List 5 ways in which water is used at the market:

- *
- *
- *
- *
- *

Large amounts of water need to be used to clean the Market to ensure public health.

What are some potential health risks at the market?

The Rainwater Harvesting Project captures water from the roof that would normally flow as untreated storm water into Port Phillip Bay, treating and recycling it, to provide an alternative water source for flushing the public toilets in Queen Street.

What are some of the environmental benefits of water harvesting?

Can you see any evidence of water harvesting?

The Rainwater Harvesting Project will reduce the Market's potable water consumption by around 25%, saving approximately six Olympic swimming pools of water each year.

If 1 Olympic sized swimming pool holds 2,500,000L, how many litres of water are saved per annum at the Market?

<p>Storm water is the water that runs off roofs, driveways, footpaths and roads into storm water drains when it rains. The storm water drains carry this water into local waterways such as creeks, rivers, lakes, bays, harbours and the ocean.</p>	<p>Why is storm water quality important?</p>
<p>Ground water run-off is not captured for storage; it enters the storm water system. The Market's drains use filter baskets, specially designed grates and diversion pits to prevent solids entering storm water.</p>	<p>At the Market which of the following are possible pollutants?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Organic waste (food and green waste) <input type="checkbox"/> Sediment (such as sand, soil, silt and clay) <input type="checkbox"/> Litter <input type="checkbox"/> Poisons and chemicals <input type="checkbox"/> Germs <input type="checkbox"/> Motor and cooking oil <p>How can storm water pollution affect humans, plants and animals? Draw on the examples above.</p>
<p>Organic waste, such as food waste, uses up valuable oxygen as it decays in water, which deprives fish and aquatic plants of oxygen.</p>	<p>Why may this be a problem?</p>
<p>A Water Management Action Plan (or Water MAP) has been developed with City West Water, the local water corporation, to further reduce water consumption and improve water efficiency at the Market.</p>	<p>What water conservation activities can you think of that would be relevant to the Market?</p> <p>In what ways do you conserve water at home?</p>



Sustainability at the Queen Victoria Market

Energy use at the Queen Victoria Market

List 5 ways in which electricity is used at the Market:

- *
- *
- *
- *
- *

In 2003, 1,328 solar panels were installed with the assistance of BP Solar and Origin Energy.

What is solar power?

How is solar power used at the Market?

Covering one-third of the Market's roof (2000m²) the installation reduces greenhouse gas emissions by 369 tonnes each year.

What are the benefits of switching to solar power?

What are greenhouse gases?

Why does the Market want to reduce its greenhouse gas emissions?

At the time of completion it was considered the largest urban grid-connected solar photovoltaic installation in the Southern Hemisphere.

What is an urban grid?

See the real-time display board on Queen Street (near the food court).

What information does this display board show?

The system has the capacity to generate 252,000 kilowatt hours of electricity each year for the Market—enough to power around 46 average homes a year!

How much electricity does the average home use each year?

How does this compare to the energy that you use at home? (Obtain data from home electricity bill.)

Define renewable energy:

What are the advantages of using renewable energy?

Name 1 other form of renewable energy:

Sustainability at the Queen Victoria Market

Green purchasing at the Queen Victoria Market

<p>Green purchasing can be defined as choosing to buy products and services that have a positive impact on the environment and human health.</p>	<p>Provide an example of green purchasing:</p>
<p>The Market was a recent winner in the 2011 ECO-Buy Awards for Excellence in Green Purchasing: People.</p>	<p>What evidence can you find of products or services at the Market that have a positive benefit on the environment and human health?</p>
<p>The award recognised success in embedding green purchasing practices within the corporate culture, including engaging, training and holding staff accountable at all levels.</p>	<p>What is a corporate culture?</p> <p>How does the corporate culture impact on green purchasing practices?</p>
<p>ECO-Buy offers support to organisations to 'green' their purchasing, providing a wide range of services and resources, from policy and strategy development and implementation to practical tools and advice.</p>	<p>Choose a product at the Market, list 5 environmental considerations that relate to deciding whether to purchase the product:</p> <ul style="list-style-type: none"> * * * * *

<p>Green purchasing is about buying smarter to minimise resource, energy and water use to deliver environmental and financial wins.</p>	<p>What would be a smarter choice for the product that you chose?</p> <p>Why?</p>
<p>Every purchase impacts on the environment; by reducing waste you will help to reduce your carbon footprint.</p>	<p>Imagine that you need to purchase your lunch, write down what you would like to buy and how much it would cost.</p> <p>List the types of waste that have been created from this lunch:</p> <ul style="list-style-type: none">* * * * * <p>What are some of the ways in which you could have purchased differently to create less waste?</p>
<p>Find a product sold at the Market that requires energy to be used:</p>	
<p>Which product requires more water for production?</p> <ul style="list-style-type: none">* Watermelon* Salami <p>Give a reason for your choice:</p>	



Sustainability at the Queen Victoria Market

Waste and Recycling at the Queen Victoria Market

<p>Most of the Market waste is produced from the processing of food or from food packaging.</p>	<p>What is waste?</p>
<p>The Market has an extensive recycling program that includes recycling the following wastes: fat and bone, fish offal, fats and oils, paper and cardboard, plastic, glass bottles, aluminium cans, timber and steel.</p>	<p>List 5 benefits of recycling waste materials:</p> <ul style="list-style-type: none"> * * * * *
<p>Fat and bone waste is used in blood and bone fertiliser.</p>	<p>What can blood and bone fertiliser be used for?</p>
<p>Fish offal is collected and processed for stockfeed and fertiliser.</p>	<p>What is fish offal? Where at the Market would it be produced?</p>
<p>Fats from grease traps and cooking oils from deep-fryers, is processed into stockfeed or converted to biodiesel.</p>	<p>What is biodiesel used for?</p>
<p>Paper and cardboard.</p>	<p>What can paper and cardboard be recycled into?</p>

<p>Plastic, glass bottles and aluminium cans.</p>	<p>How are plastic, glass bottles and aluminium cans collected at the Market?</p>
<p>Timber/steel.</p>	<p>Can you see any evidence of timber being collected for recycling?</p>
<p>The Market has achieved Waste Wise silver certification. As part of this program, the Market has developed and implemented an action plan to minimise waste and maximise efficient use of valuable resources.</p>	<p>List the resource/raw material needed to make the following:</p> <p>Aluminium can - * * Cardboard carton - * * Glass bottle - * * Plastic bag - * * Polystyrene box - * * Steel container - * *</p>
<p>The Market is making an effort to reduce impact of its events on the environment through litter control, reducing waste and recycling.</p>	<p>What is litter?</p> <p>What types of litter can you see at the Market today?</p>
<p>Single-use plastic bags for packaging are banned at events; all packaging including take away food packaging is certified biodegradable.</p>	<p>What is biodegradable packaging?</p>



Sustainability at the Queen Victoria Market

Organics and Fair Trade at the Queen Victoria Market

Where at the Market is organic food sold?

List 5 different organic products:

- *
- *
- *
- *
- *

What are the environmental benefits of purchasing organic produce and products?

How can you tell if a product is organic?

Why is purchasing organic produce considered to be a more sustainable choice?

Choose a product and compare the organic to the conventional equivalent, is there a cost difference?

The Fair Trade Association seeks greater equity in international trade for producers and workers in Third World countries. They advocate paying a fair price to producers for goods and ensure better wages and conditions for workers.

What are you supporting when you buy a fair trade product?

How do you know if an item is a fair trade product?

The Market is a member of the Fair Trade Association; having met their criteria of serving fair trade tea and coffee in our staff rooms.

List 5 products that are fair trade:

- *
- *
- *
- *
- *

The Market is conscious of the environmental impacts of business, and has taken a number of steps to ensure the increased sustainability of the Market as a whole.

What are the environmental impacts of purchasing green products?



Sustainability at the Queen Victoria Market

Transport to the Queen Victoria Market

In 1837 Hoddle grid was laid out, forming Melbourne's first street system which was used almost solely for horse and cart transport and pedestrians. Flinders Street railway station opened in 1854. The first cable tram to Hawthorn ran in 1855 and four years later the first electric tram.

When the Market first opened in 1878 what forms of transport would have been used to get to and from the Market?

List the forms of transport that you used to get to and from the Market.

Order the following forms of transport from most to least environmentally friendly:

Boat Bus Car Horse Train Tram Walking

Most environmentally friendly

Least environmentally friendly

Circle the forms of transport that you used.

Outline the environmental impacts of the following forms of transport:

Boat	
Bust	
Car	
Horse	
Train	
Tram	
Walking	

In what ways could you have travelled to the Market to decrease your environmental impact?

Student Evaluation Sheet

Please complete the form below:

School:	
Year Level:	<input type="checkbox"/> Lower Secondary (Yrs 7-9) <input type="checkbox"/> Upper Secondary (Yrs 10-12)
What I liked best about my visit to the Market...	
What I learnt on my visit...	
What I didn't like...	
What I'd like to know more about...	

Teacher Evaluation Sheet

Please complete BOTH SIDES of this form:

School	
Postcode:	
Year Level:	<input type="checkbox"/> Lower Secondary (Yrs 7-9) <input type="checkbox"/> Upper Secondary (Yrs 10-12)
Number of Students:	
Number of Teachers:	
Date onsite:	
Did you use the Resource Kit for Secondary Teachers?	<input type="checkbox"/> Yes <input type="checkbox"/> No (go to last section*)
If yes, which activity sheets did you use?	<input type="checkbox"/> History of the Queen Victoria Market <input type="checkbox"/> Food and Nutrition at the Queen Victoria Market <input type="checkbox"/> Sustainability at the Queen Victoria Market
How would you rate your satisfaction with the kit?	<input type="checkbox"/> Excellent <input type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor
Teacher Information	<input type="checkbox"/> Excellent <input type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor

Student Instructions	<input type="checkbox"/> Excellent <input type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor
Activity sheets	<input type="checkbox"/> Excellent <input type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor
What did you like best?	
What suggestions do you have for improvement?	
How did you find out about the Resource Kit for Secondary Teachers?	
Are there any other areas that you would like to see featured in the kit?	
If you would like to receive regular information about any of our other Market activities please complete your details below:	
Name	
Address	Suburb
	Postcode
Email	

Thank you for your time your feedback is greatly appreciated.

Privacy Statement

Queen Victoria Market Pty Ltd is collecting the information on this form for the purposes of assessing the success of our Resource Kit for Secondary Teachers. The information may also be used to contact you about other special events at the Market. The information collected on this form will not be disclosed to any individual or organisation without your consent (unless the disclosure is required by law). If you would like to request access to any of the information collected on this form then you may contact our office on 9320 5822.

I confirm that I have read this form and acknowledge the collection and use of my personal information as outlined above in this form.

Signature: