



INSIDE THIS ISSUE:

Presidents report 1/2

Book review 2

Christmas Recipe 2

Regional
Roundup 3

HETTANZ
Fashion Awards
Results 4

Innovating
Pedagogy—
Maker Culture 4

Kenwood Offer 5

Cooking Skills
Crucial To
Battling Obesity 5

President's Report

Welcome, Kia ora and Kia orana to you all

This will be the final HETTANZ newsletter for 2013 and what an exciting year it has been. Despite it again being a busy one, it has certainly had its challenges, surprises and wonderful moments. As senior students settle into their second week of exams, I am sure many of them will have prepared well for externals, and no doubt look forward to graduation dinners, part-time work over the holiday break, or time relaxing with family and friends. I definitely feel the warmer weather arriving and look forward to a wonderful summer ahead.


I am very pleased to be able to write my first contribution to HETTANZ News, having moved from vice-President to the 'new' President role in HETTANZ. Our out-going President, Adrienne Reeves has now moved from teaching to pursue a very interesting and challenging industry position on the West Coast. Adrienne has been an advocate of HETTANZ for many years and her contribution to our association and to the learning areas of Home Economics and Technology has been invaluable. I would like to formally acknowledge Adrienne's hard-work, the passion and dedication she has shown, and thank her for the role she has played within HETTANZ as President, vice-President and her involvement at local branch level within Christchurch and the upper South Island.

From HETTANZ Executive and teachers, we wish Adrienne and the family all the very best with her move to the West Coast. We look forward to having Adrienne attend our next Executive meeting in Auckland at the end of November.

TESAC Conference – Connect: Putting the Pieces together:

What a treat it was attending this conference in October. The networking, sharing, workshops, seminars and speakers were fabulous. Even though some of our HETTANZ and Home Economics people wanted more content in our subject area, a wide range of professional development was available over the 3 days to benefit delegates. The latest t-News provides updates of several keynotes and workshops. Here is the link for overviews and reflections from the conference: <http://www.techlink.org.nz/issue.cfm?issue=67> Thank you again goes to Adrienne Reeves, TRCC and the TESAC team for all the work involved in putting together all the pieces of our associations and making things connect well for a successful conference.

From the Executive table:

Our last meeting for 2013 in November brings several 'newbies' to the table – once again we welcome Belinda Matthews (NNI Rep) and Elizabeth Ross (CNI Rep) and our two newest representatives Robin Rees, from Avonside Girls High as Central South Island Representative and Yvonne Gee of Alfriston College, as Maori Representative. Thank you to each of our Reps who I am sure will be fantastic communicators and advocates for our subject. Scott Richardson continues to push the culinary boundaries with his young chefs in Southern South Island region, following a successful tour of Japan during the last holiday break and for his efforts in putting together our HETTANZ News,  highlights the many wonderful activities happening in the regions. Our Central New Zealand region, led by representative Sarah Wirth continues to inspire and actively involve its members with a variety of happenings from a walking tour of Cuba St, to Massey University presentations and beyond. The talent and commitment from our Executive is truly something HETTANZ members should be proud of because without these teachers volunteering their time, energy and resources, HETTANZ would not be where it is today. I also acknowledge the work of our Secretary and Treasurer, whose contribution behind the scenes of HETTANZ is valued and much appreciated.



Please submit any articles/photos/regional happenings/book reviews/favourite recipes to your executive representative to be included in our newsletter, we love to hear from you.

Presidents report - Continued

Teacher News:

It was very pleasing to see attendance at the recent Best Practice Workshop (BPW) in Auckland, well attended by Levels 1-3 teachers, including Siobhan Harcourt who I am pleased to report is organizing a follow-up session in early December. Remember to register your intention to attend the Home Economics and Technology BPW in 2014. Once you are on the list, notifications will come your way.

Congratulations to all teachers and their students for the preparation and accumulated work that has been happening to prepare them for internals and external examinations. At times, it feels so frustrating just getting them to the finish line, but all of you have worked together to do the best one can, to ensure success for your students.

HETTANZ Membership:

Remember your HETTANZ membership for 2014. The year runs from January through to December. Become an active member and enable HETTANZ to help support you. If you have an issue with membership contact secretary@hettanz.org.nz or the Membership Committee: cni@hettanz.org.nz, ssi@hettanz.org.nz or treasurer@hettanz.org.nz

Visit the HETTANZ website for news of what's on, how to make contact with your regional rep, professional development opportunities, resources available and much, much more. If you have resources to share, contact treasurer@hettanz.org.nz

What's ahead in 2014?

National HETTANZ AGM will be held in Wellington next year. Date and venue to be confirmed.

Regional branches will be planning celebrations to bring to a close the 2013 school year. Christmas functions remind us of the importance of sharing together, relaxing and having fun. To those of you who are involved in the organisation of these special occasions, thank you for your time and support and also to those sponsors who help make the occasion even more special. On behalf of HETTANZ executive I wish everyone a well-deserved and pleasant break. May Christmas time and the New Year be an enjoyable and relaxing one with family and friends. I look forward to working with the HETTANZ Executive team in 2014 and to meeting members at the various events, workshops and teacher group occasions through the New Year.

Kind regards

Prue Rehu

National President HETTANZ

Pacific Island Representative

White Chocolate Christmas Rocky Road

180g packet of pink and white marshmallows


70g pistachio nuts

100g dried cranberries

50g thread coconut

375g packet white chocolate melts

1. Line a 20cm square tin with paper. Place marshmallows, pistachios, cranberries and coconut in a large bowl and toss to combine.

2. Place white chocolate melts in a heatproof bowl set over a saucepan half full of gently simmering water  3-5 minutes to melt. stir until smooth. Set aside to cool a little.

3. Pour chocolate over marshmallow mixture and toss to coat. Spoon into prepared tin and press evenly over the base. Leave to cool to set.

Book Review

Appetite for Destruction – Gareth Morgan and Geoff Simmons 2013

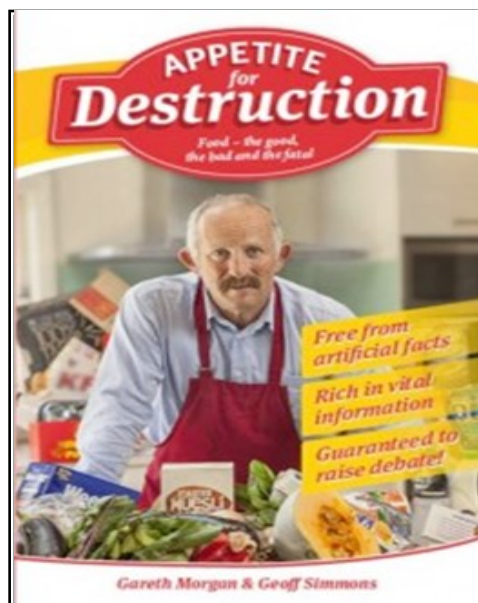
Reviewed by Prue Rehu

Food – the good, the bad and the ugly a new publication from Gareth and Geoff that is quite a compelling read, based on the theory and science of food. It looks at our food history and takes us through a capitalist look of 'fake food' cheaply produced with a focus on the question of, why this type of food is the easiest to buy, prepare and eat, in comparison to good, healthy tucker. It questions how we have arrived at where we are today and finishes off with what we do about it and how! There is definitely more to debate in 'Appetite for Destruction'. It brings back memories of our 'foodscape' journey. It discusses possible solutions from nutrition labelling, intervention programmes and funded government-led healthy eating policies, food subsidies and taxes on food.

It is an easy read that will have you turning back pages, taking in the wise morsels of information and pondering the bite-sized tips. Each chapter brings facts, data and a summary with more food for thought.

If I had known I would live this long, I would have taken better care of myself

- Anon



Regional Round Up

Central Region Report Sarah Wirth

Dumpling work shop

In September Vicky Ha - self-confessed 'Dumpling Queen', behind Wellington's latest culinary craze, dumplings introduced us to three hours of savoury and sweet dumpling making.

Vicky has incredible passion, energy and an unwavering conviction on what she believes in when it comes to food quality and the dumplings she makes.

Free range ingredients, no Artificial Stuff, 'handmade' and wine were the ingredients of a fun workshop

Cheryl Pym Junior Fashion Workshop.

Now that we have nailed NCEA!!

Our focus is in junior technology programmes. Amazing Cheryl has agreed to run a Junior Fashion Workshop at Hutt Valley High School for Wellington and Wararapa teachers.

Check out her you tube clips <http://www.youtube.com/watch?v=yyMSuingbNo> for clarity about technological modelling; an area we have focussed on in our junior technology programmes

Christmas function

Sarah is taking us on a walk amongst the Cuba quarter for our Christmas function. Starting at Cordon

Bleu for coffee, we then get the opportunity to explore a treasure trove of shops and vintage boutiques. Thanks so much to Zoe's for her Beautiful invitation.



Northern Region Report Belinda Matthews

A most enjoyable evening was held recently at the New Zealand School of Food and Wine. Over 50 members sampled different foods and wines, and discussed matching flavours together. We were able to look around Celia Hay's school in central Auckland and hear the story behind it all.

Being an Effective HOD course,

This course is running again on 17 February 2014. As a not-for-profit organisation we do rely on word of mouth recommendations, so we'd very much appreciate it if you could pass on this information to your colleagues, friends and networks.

Contact coures@learningnetwork.co.nz or call us on 0800 GO WEST for assistance. Siobhan Harrod from Team Solutions is following up to the request from the Home Economics community to have some time together to share resources and get some understanding of what students work looks like for level 2 at achieved, merit and excellence level for the internal achievement standards.

For this to occur she is happy to facilitate a day. The expectation would be that you would be willing to share:

The date she is proposing is Monday 2nd Dec at Team Solutions from 9.30 – 3pm. If you are interested, please contact Siobhan at : s.harrod@auckland.ac.nz

Mid Central Region Report Elizabeth Ross

The 19th of September saw the second TESAC workshop to be held in the Waikato area. This time the workshops were preceded by a HETTANZ meeting which gave the HETTANZ members a good mix of general and specific technology curriculum knowledge and resources to use in the classroom. Thank you to Heather Dixon and the team at Cambridge High School for hosting everyone. This term some schools have already had their Level 3 implementation days. Melville High School hosted a number of schools for their Teacher Only Day last week. Jenny Mangan from the Learning Hub at University of Waikato presented a similar workshop to the one she delivered at the National TESAC Conference. The feedback from this session was excellent. Jenny is willing to come to your school to either your students or your departments and run a workshop on the Technology Hub. The Technology Hub incorporates all the different strands of technology. Some of you may have already received a copy of Elizabeth (Liz) Reinsfield's new write on work book "Technology to Go". Her new book covers all the strands of the New Zealand Curriculum in a very well written and user friendly resource.

As the school year is nearly over Heather Dixon has booked a table at Babaganush in Hamilton East on Thursday 4th December at 5:30pm for drinks followed by a meal.

Southern South Island Report—Scott Richardson

September was a busy month in the South with the annual HETTANZ Southland Fashion Design and Craft Awards with a good spread of entries from throughout the Southland region. It also saw the Southland Boys High School Culinary Team of Sam Deuchrass and Nick Kergozou competing in the International Secondary Schools Culinary Challenge in Japan. The team presented Beef Filet served upon Pumpkin puree with Tomato Relish, Turned Courgettes, and Sautéed Potatoes, Goats Cheese Tortellini finished with Parsley Oil, Parmesan Wafer, Beef Foam and Crumbed Kidney. The team were awarded Silver Medals and 4th place with the winning team from Japan. Competing at this level requires the support of many sponsors which included corporate members Service IQ and Southern Hospitality. The Southland branch had their end of year function on the 16th of November at the Thomas Green Restaurant in Gore.



HETTANZ 2013 - Fashion Awards Results

Senior Creative

1st Place – Freya O’Sullivan – Tauranga Girls College
2nd Place – Susan Colton – Wairarapa College
3rd Place – Brittany Glassey – Lincoln High School

Senior Technical

1st Place – Georgia McCormack-Goeth
2nd Place – Natasha Wall – St Matthews Collegiate
2nd Place equal – Yeonjae Choi – Westlake Girls High School

Emerging Creative

1st Place – Kayla Rousselle – Lynfield College
2nd Place – Hope Phillips – Woodford House
3rd Place – Cates Salmoeethouru – Woodford House

Emerging Technical

1st Place – Anna Smith
2nd Place – Lucy Ketel – Tauranga Girls College
3rd Place – Bianca Kitchin – Woodford House

Junior Creative

1st Place – Katie Atkins – Palmerston North Intermediate School
2nd Place – Karen Liang – Evans Bay Intermediate
3rd Place – Maddy Scott – Breens Intermediate

Junior Technical

1st Place – Sarah Royds
2nd Place – Shanelle Soothill – Hawera High School
3rd Place – Brianna Manson – Palmerston North Intermediate School



Freya O’Sullivan



Georgia Mc Cormack– Goeth

Innovating Pedagogy 2013

Exploring new forms of teaching, learning and assessment, to guide educators and policy makers

Mike Sharples, Patrick McAndrew, Martin Weller, Rebecca Ferguson, Elizabeth FitzGerald, Tony Hirst, Mark Gaved
Open University

Extract from this report relevant to our teaching areas

Maker culture: Maker culture encourages informal, shared social learning focused on the construction of artefacts ranging from robots and 3D-printed models to clothing and more traditional handicrafts. Maker culture emphasises experimentation, innovation, and the testing of theory through practical, self directed tasks. It is characterised by playful learning and encourages both the acceptance of risk taking (learning by making mistakes) and rapid iterative development. Feedback is provided through immediate testing, personal reflection, and peer validation. Learning is supported via informal mentoring and progression through a community of practice. Its popularity has increased due to the recent proliferation of affordable computing hardware and 3D printers, and available opensource software. Critics argue it is simply a rebranding of traditional hobby pursuits. Proponents contend that recent evolutions in networking technologies and hardware have enabled wider dissemination and sharing of ideas for maker learning, underpinned by a powerful pedagogy that emphasises learning through social making.

Pam Knight Woodford house. Year 7&8 Screen printed T Shirts

This year we trialed a new unit with Year 7&8. Each class worked to produce a number of designs which they presented to their class. A vote from the students showed which design was most popular and that design was developed ready for screen printing. We have a thermal screen maker which copies the design onto a mesh then we are ready for screen printing. The students worked from a basic knit top pattern and most made changes to the neckline, sleeve length, garment length or shape to individualise the garment. With a choice of different coloured cotton knit and placement of print none of the t-shirts look the same. Once the garments were finished students evaluated their work and had another student evaluate aspects of the garment. Using the sewing machine for the first time was challenging for both the teachers and students and on reflection I feel we should have chosen a woven fabric for their first garment. The students are very proud of their accomplishments even though, for some, the work didn’t go as smoothly as anticipated.



‘ to enhance the quality of life for individuals and families ’

An INCREDIBLE offer from HETTANZ and Kenwood!

HETTANZ and Kenwood have joined forces to create a 'Single and Multi-Function Equipment' school resource for Year 9 and 10 students working across the Technology and Home Economics curriculums.



Featuring an online Teacher Guide plus heaps of fun hands-on activities as well as an independent research assignment, students will enjoy learning about kitchen machines and the role they can play in a range of real-life scenarios.

Order 50 student booklets @ \$12 each (plus GST) and receive a FREE KM330 Chef Classic worth \$629.00 RRP for the classroom.

Features:


800w motor

two power outlets

a set of bowl attachments

a range of 20 extra attachments

The Kenwood Classic Chef KM330 is an instrumental classroom tool for both students and teachers.

 Contact us directly to discuss any special requirements, such as large or small orders.

Karyn Swallow

De'Longhi Group

Phone: 0508 200 300

kswallow@delonghi.co.nz

Cooking Skills Crucial To Battling Obesity

Poor diet now kills more people than smoking. It's shocking but true. Our new book *Appetite for Destruction* is all about the epidemic of obesity and associated health problems that we will face in this country in coming years. The book details how we have ended up in this state, who is to blame, and what we can do about it. We can't cover all that here, but we do want to point out why cooking skills are a crucial part of the solution.

Our modern food system is very good at delivering us cheap, convenient stuff to eat. The downside is that this 'food' is stripped of nutrients so it can sit on a shelf for months and stuffed full of energy so it still tastes good. It is so adulterated we call it fake food. At the end of the day the only way to be certain what is in your food is to cook it yourself.

When we talk about eating healthily, many people throw up their hands and claim that it is too expensive. This is actually incorrect – in many cases fresh fruit and veges in season are cheaper than unhealthy convenience food. The trouble is that people can't or won't take the time needed to prepare it. The ability to cook with a wide array of seasonal produce is a crucial part of this puzzle.

In recent years the diet of our young people has deteriorated as they turn to soft drinks and takeaways. For people aged 15-18, one in five will eat hot chips three or more times a week, and almost half will drink soft drink three or more times per week. In fact the average young male (aged 15-18) guzzles 7.5kg of sugar each year in soft drinks.

Is the demise of our diet linked to the loss of cooking skills? It is not the only issue, but it is clearly part of the problem.

Around one quarter of young adults surveyed recently said they didn't cook more frequently because they didn't know how.

Don't be fooled by the number of celebrity chefs on TV, or the fact that at the time of writing five cookbooks were in the top 10 non-fiction bestsellers (including the eponymous Edmonds Cookbook, a century after it was first published). For all these cooking books and TV shows garnished with images of fresh, high-quality produce, we are preparing our own food less than ever. The resurgence of interest in recipes and the constituents of our diet is now little more than a vicarious obsession. When it comes to food, we are obsessive-compulsive voyeurs. The quote below is anecdotal evidence that cooking skills are sorely lacking in some parts of society:

We have taken parents on camp and they have no idea how to cook a meal. They have never done it so if you don't know how to cook a meal how can you [do it]). So, a lack of knowledge and skill on behalf of the parents [is a barrier]. - Principal of a Decile Three rural school

Could cooking skills help turn this around? Again, it is not the complete solution – we will need to make other changes such as better food labelling, banning junk food advertising to kids, and ultimately a junk food tax to change behaviour. However, cooking skills have to be part of the solution. Overseas studies have indicated that having cooking skills can make a measurable difference to our health. But then, you lot probably don't need research to tell you that.

Gareth Morgan and Geoff Simmons

From *Appetite for Destruction: Food, the good the bad and the fatal*

www.fakefood.org.nz