

**Food Preparation (Vegetation)**

Name: _____

Objectives:

- State the methods of identifying and procuring edible plant foods.
- Outline how to complete a taste test on unfamiliar plant to determine edibility.
- Describe the remedy following an adverse reaction to eating a plant.

Taste Testing Unknown Plants –

Two poisons are commonly found in _____ and both can be easily detected by _____, feel and taste.

- 1) Prussic Acid (cyanide) and has the taste of _____.
- 2) Oxalate of lime (oxalic acid) which is found in some lilies and _____ and causes a burning sensation in the _____.

The test is made up of the following steps:

Step 1; Smell

The leaves of the plant should be _____ and smelt. If an almond/peach smell is evident, it may be due to _____ Acid, and the species should be discarded.

Step 2; Touch

A _____ amount of the fruit/berries should be rubbed lightly on an area of tender skin e.g. under the arm. If _____ or a rash results, the species should be discarded.

Step 3; Taste

The food should be touched with the _____, corners of the mouth and tip of the tongue. If there is no reaction after _____, a small amount should be chewed and spat out. If any irritation or extremely bitter taste results within 30min, the species should be discarded.

Step 4; Eating

If possible, the food should be _____ in several changes of water before swallowing. Only a small portion of the species should be _____ and swallowed.

The food should be discarded if within 4 hours it produces:

- a sore mouth, _____ or throat,
- repeated belching,
- _____ or sickness,
- hallucination or dizziness, or
- pain in the _____ stomach or abdomen.

After about ____ hours and no ill effects are experienced, you can consider that the food is probably quite edible and will not cause any _____ problems.

Treating an Adverse Reaction:

An _____ reaction to inedible vegetables will probably start with an upset stomach, pain or one of the symptoms described above.

- 1) Drinking _____ water (cup of tea temperature) will relieve the pain but in severe cases you must induce vomiting (achieved by tickling the back of the throat with the finger).
- 2) Swallow ground charcoal that may also absorb some of the _____. Further pain relief can be gained by swallowing a paste made from white wood ash and clean water.



Edible Leaves, Roots, Tubers and Stalks

Name	Where it is Found	Description	What you can Eat
Purslane (pig weed) 	Coastal and inland sand dunes and waste land throughout Australia.	Grows as a creeper with fleshy leaves and branches about _____ long.	Leaves: Raw or boiled. Seeds: Can be shaken out of roots.
Bulrush (_____ tail, Miranda) 	Swamps, billabongs and along shallow waterways throughout Australia.	Leaves are long and slender and the flower head is a brown _____ shape, attached to a spear like shaft.	Shoots: High in starch and contain some sugar. Young shoots: Pure white, can be cut up and boiled or stripped of their outer covering and eaten raw.
Wild onion (native leek) 	Throughout Australia.	Small bulb with onion like leaves and a stalk of _____ flowers.	Bulb: Can be eaten as an _____.

Edible Fungi:

1. Field Mushroom

Found throughout Australia usually in grassy areas. Normally a pale cream or white with pink gills which turn to _____ brown when mature. Very nutritious and the whole of it may be eaten raw, fried or added to a stew or sauce.



2. Horse Mushroom

Found throughout eastern Australia in grassy areas and among other rotting vegetation. Larger than the field mushroom, with the cap up to about 20cm. Gills are paler, usually a _____ colour. Eat as for the field mushroom but because it is tougher, it should be peeled first.



Native Fruit:

_____ rosifolius (native raspberry)
 Leichhardtia australis (native banana)
 Solanum centrale (desert _____).

