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Home Economics Institute of Australia Inc.

2020 National Conference

28-30 Sept Brisbane Convention & Exhibition Centre

Program and Registration information

home economics

igniting critical agendas

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Invitation to attend

While retaining its historical focus on individual and family wellbeing, the Australian home economics profession has in its more modern history expanded its focus to include planetary wellbeing. The profession has so many extraordinary attributes to contribute to this overarching agenda. But our contribution to personal and planetary wellbeing requires us to proactively speak up—to challenge the status quo and to disrupt those systems, processes and policies that mould critical agendas in ways that threaten the basic rights of families, communities and populations—agendas such as keeping women safe from violence, achieving mental wealth for all, building sustainable and culturally fabulous food futures, addressing fast fashion's shameful squandering of physical resources and abuse of human resources, and ensuring that artificial intelligence and other technologies work for and do not control the consumer, to name but a few. The aim of *Home Economics 2020: Igniting critical agendas* is to identify and ignite critical agendas relevant to Home Economics by engaging in deep dialogue to develop creative problem-solving solutions along with deep thinking about or participation in disrupting the status quo to create genuine, meaningful, positive change in the local and global communities in which we live and work.

These critical agendas will be explored through 11 fabulous keynote speakers, 48 concurrent sessions and ten site visits in addition to a number of pre- and post-tours, some of which also incorporate critical agendas.

Posters

Review of food literacy and numeracy in Australian secondary schools

Shirin Shakeri, The University of Newcastle

This poster will present, in infographics mode, data related to the existing status of food literacy and numeracy, and the enablers and barriers to the integration of food literacy and numeracy into the Years 7–12 curricula. It will also identify the role of home economics teachers in developing such literacy and numeracy, along with recommendations, directions and inspiration for the future.

A model for the planning, implementation and evaluation of domestic cooking education

Roberta Asher, The University of Newcastle

In the absence of a comprehensive model to guide the development, implementation and evaluation of healthy domestic cooking education programs, Cook-Ed™ was developed to fill this gap. The poster presents the research findings that informed the model's development and displays key components of the model including the Cook-Ed™ matrix for prioritisation of cooking and food skills.

We hope that you are able to join us.

Keynote Speakers

For full bios see
heia.com.au/events-speakers

Lucas Becker

Grilo® Protein co-founder Lucas Becker is the very enthusiastic team leader responsible for Grilo's supply chain. His passion for health food brought him into the realm of edible insects—Grilo Protein's website features the tagline: *Crickets: The high protein food that chirps!* Lucas is a surf lover, world traveller and trains in the martial art of Brazilian Jiu-jitsu to keep strengthening his mind and body.

Jessica Hill

Jess Hill is a Walkley Award-winning freelance investigative journalist who has been writing about domestic abuse since 2014. She has also been a producer for ABC Radio; a Middle East correspondent for The Global Mail, a not-for-profit, public-interest, journalism website; and an investigative journalist for ABC Radio's *Background Briefing* program. She is the author of, *See What You Made Me Do: Power, Control and Domestic Abuse* (2019, Black Inc.).

Dr Sandro Demaio

Dr Sandro Demaio is a medical doctor and globally renowned public-health expert and advocate, and Chief Executive Officer of VicHealth. Sandro previously worked for the World Health Organization and was CEO of the EAT Foundation, the science-based global platform for food-systems transformation. Sandro has published many articles in scientific journals and is the author of *The Doctor's Diet*, a cookbook based on science and inspired by a love of good food. He also co-hosts the ABC television and Netflix program *Ask the Doctor*.

Dr Lee Hickey

Dr Lee Hickey is a plant breeder and crop geneticist with the Queensland Alliance for Agriculture and Food Innovation at the University of Queensland. He leads an innovative team conducting discovery and applied research on Australia's most important cereal crops: wheat and barley. Lee is a prolific science communicator and his research findings have appeared in influential mainstream media outlets such as on the BBC's *World News*, and in *National Geographic* and the *New York Times*.

Dr Joel Gilmore

Dr Joel Gilmore is a physicist, award-winning science communicator and—most importantly—a passionate food-science nerd. He co-hosts *Food Lab* on SBS Food, where he talks about the science of the kitchen, and how we can use technology to create new and even more delicious foods. He has previously appeared on *Catalyst*, been interviewed for radio and print media, and currently hosts hilarious (he thinks) science segments on Network 10's kids' science show *Scope*. Joel also advises government and industry on transitioning Australia to a clean-energy future. In his spare time, he sings, dances, hosts science-comedy shows, and travels as much as he can—he's visited 55 countries and counting!

Andrew Fuller

As a clinical psychologist, Andrew Fuller started working in psychiatric crisis teams with people who were at their last hopes and that inspired him to create with people futures they can fall in love with. His work with over 2000 schools and with more than 500 000 young people has identified the concept of The Resilient Mindset. As Andrew describes, resilience is *'the happy knack of being able to bungy jump through the pitfalls of life—to rise above adversity and obstacles'*. Andrew has recently been described as an 'interesting mixture of Billy Connolly, Tim Winton and Frasier Crane' and as someone who 'puts the heart back into psychology'.

Professor Louwrens Hoffman

Professor Hoffman is a meat scientist with the Queensland Alliance for Agriculture and Food Innovation at The University of Queensland. He specialises in factors that influence the meat quality and processing ability of exotic proteins such as meat from wild ungulates (hoofed animals) as well as from insects and lately, from lab-grown meat. Louw has been focusing some of his research on the partial replacement of meat in meat products with insect proteins, particularly the larvae of the black soldier fly, and also with non-animal proteins. He is fascinated by the application of basic cell physiology to the production of lab-grown meat.

Dr Rosemary Stanton OAM

Dr Rosemary Stanton OAM has been a public-health nutritionist for over 50 years. In 1998 she was awarded the Medal of the Order of Australia for her contributions to public health through nutrition. In 2019 she was awarded the Public Health Association of Australia's highest award—the Sidney Sax Public Health Medal—for her notable contributions in the field. Rosemary has authored many scientific papers, 33 books and over 3500 articles for the popular press. Her independent stance has made her a popular media commentator. Rosemary is an invited member of Doctors for the Environment Australia's Scientific Committee. She urges us to think more about our food and how our food choices impinge on climate change. Rosemary has a keen interest in *The Lancet* Series and has been heavily involved in responding to public criticism.

Dr Nick Rose

Dr Nick Rose is a specialist in sustainable food systems, food sovereignty and food security. He co-founded the Australian Food Sovereignty Alliance and is currently Executive Director of Sustain: The Australian Food Network, whose mission it is to design and build better food systems. *Sustain* is currently working with diverse organisations to deliver two major projects that will create models and pilots that can be used across the country to drive the urgent transition to healthy, sustainable and fair food systems. Nick is a Churchill Fellow, and is published widely. He is the editor of *Fair Food* and co-editor of *Reclaiming the Urban Commons*.

Professor Clare Collins

Professor Clare Collins is Director of Research for the School of Health Sciences at the University of Newcastle. She leads the largest team of research dietitians internationally in developing food-and-nutrition eHealth tools and programs. In 2018 she was awarded the DAA President's Award for Innovation. A sought-after media commentator, Clare is a regular guest on TripleJ radio's *Science Hour* and has presented for ABC TV's *Catalyst* program. She co-created the Massive Open Online Course (MOOC), *The Science of Weight Loss: Dispelling Diet Myths*, which has been completed by more than 50 000 people across 180 countries.

Program day one

Monday 28 September 2020

7.30 am–4.30 pm	Registration desk open
7.30 am–8.25 am	Refreshments
8.30 am–9.00 am	Opening ceremony
9.00 am–10.35 am	Opening keynote panel

Opening keynote panel: *Our food system is in crisis and needs urgent attention*

Dr Sandro Demaio, Chief Executive Officer, VicHealth

Dr Nick Rose, Executive Director, Sustain: The Australian Food Network, Melbourne

Dr Rosemary Stanton OAM, Visiting Fellow in the School of Medical Sciences at the University of New South Wales

Climate change is forcing us to face up to many crises, including devastating effects on biodiversity, food production, public health and equity. Many reports—including the *Eat-Lancet Commission's Planetary Diet*, UNICEF's *The State of the World's Children's Report, The Lancet* Series on *The Double Burden of Malnutrition*, and the World Resources Institute's extensive recommendations for sustainable global-food systems—provide evidence that our food systems need urgent attention.

In spite of the problems, there are viable solutions. To put these into practice, we need to understand the facts, and how and where we can make appropriate changes.

Australia needs a national nutrition policy. We also need appropriate action on food security for all and to stem the obesity epidemic that exacerbates many health problems. Above all, we need to teach the public—including, indeed especially, children—much more about the dietary patterns that will help rather than hinder improvement in global warming, health quality, social justice and equity.

This session will discuss not only the big-picture issues, but will also help focus our attention on solutions to these issues—all of which are vitally important to our future.

10.35 am–11.05 am	Morning tea
11.10 am–12.40 pm	Concurrent session 1
12.40 pm–1.55 pm	Lunch
2.00 pm–3.15 pm	Concurrent session 2
3.20 pm–4.20 pm	Keynote address

Keynote address: *Eat better, think better, feel better! Why helping people improve nutrition should be a priority*

Professor Clare Collins, Priority Research Centre for Physical Activity and Nutrition, Faculty of Health and Medicine, The University of Newcastle, New South Wales

Nutrition is an important but commonly overlooked facet of good health. Globally, poor dietary patterns contribute to one in five deaths. Poor eating habits contribute substantially to Australia's burden of disease and to diet-related health conditions, including heart disease, type 2 diabetes and some specific types of cancer. A systematic review of diet quality and health highlighted a reduced risk of illness and death amongst those with better diet quality.

What people eat is potentially modifiable, if they have the knowledge, skills, support and the opportunity to eat better. Research has helped to identify which dietary habits of children and their families are amenable to change. Evaluations of research studies published to date indicate that parents are able to reduce the total quantity of food and the amount of energy-dense, nutrient-poor (junk) foods offered to their children. They are also able to increase intake of nutrient-dense foods, such as vegetables and fruit, when provided with relevant nutrition advice in intervention studies. However, accessing nutrition expertise can be challenging. One way to overcome some of the barriers related to access is by using information technologies to deliver nutrition information, and to facilitate access to effective programs and nutrition support. In this keynote address, challenges to and opportunities for using technologies to translate the results from efficacious nutrition interventions into effective programs will be discussed. We need to work together to provide children and their parents with achievable food-based guidelines that support healthy growth, brain development and wellbeing. Practical recommendations will be presented for improving dietary patterns and nutrition-related health and wellbeing for Australians.

4.20 pm–4.30 pm	Plenary reflections
4.30 pm	Close
Evening	Dine-arounds (optional)

Concurrent session 1

11.10 am–12.40 pm

1.1 Plant-based cooking for a sustainable future

Dominique Rizzo, Chef, Urban Feast Cooking School, Brisbane

Dominique recently opened her new cooking school that focuses on generating awareness in urban sustainable cooking. She aims to use natural whole foods, produce from her edible urban garden, sustainable cooking and preparation practices, and everyday ingredients to improve health, balance and life vitality, and to create a positive impact on the planet. In this workshop, Dominique will guide you through and demonstrate some of her most popular recipes, focusing on personal and planetary wellbeing. She has a natural flair for flavour combining, a love of multicultural tastes, and a passion for thrifty kitchen tips and ideas. Dominique's approach to cooking steps outside the box to reduce wastage by using and reusing, and takes advantage of the many benefits of using homegrown produce This workshop will be sure to inspire you with ideas for building sustainable and culturally fabulous food futures.

1.2 Six improbable things before breakfast

Dr Joel Gilmore, Honorary Fellow, School of Mathematics and Physics, The University of Queensland

Scientists and chefs now understand our food better than ever have before—from using extracts instead of whole ingredients (to better control recipes) to using simple tools to make mayonnaise effortlessly. But these same powers can also be used for fun—for creating new dishes that would make the Mad Hatter proud. Join Joel as he takes you on a tour of six fantastic feats of food science, physics and chemistry. Through live demonstrations, he will explore the science of emulsions, gels, taste buds, and how science and technology can be used to produce some truly creative molecular gastronomy!

Note: A similar session was presented at the HEIA(Q) 2017 state conference.

1.3 Sorting the wheat from the chaff in nutrition

Dr Rosemary Stanton OAM, Visiting Fellow in the School of Medical Sciences at the University of New South Wales

Nutrition is a very complex and confusing area for many people, including teachers. Social media has intensified the confusion—it seems as though everyone now has an opinion about what we should eat. Whom do we believe? The National Health and Medical Research Council produces the *Australian Dietary Guidelines* on behalf of the Department of Health and Ageing. The guidelines are designed to provide scientific evidence on which to base healthier Australian diets. This workshop aims to explain what the guidelines do and how and why confusion arises over the recommendations they contain.

1.4 The denim dilemma

Kim Bailey, Founder, East of Grey, Eco fashion and workshops, Gold Coast, Queensland

While denim is a staple of the fast-fashion industry, it is highly destructive to the environment and society due to the processes involved in manufacturing it and because discarded garments add to landfill. Upcycling can prolong the wear of our denim favourites, delaying their end of life. Kim will demonstrate how to upcycle damaged or unwanted jeans into a backpack as well as how to use denim offcuts to create specialised fabric suitable for other projects, and will show and tell other ideas for upcycling denim. Participants will be inspired to think critically and creatively about upcycling both in their personal lives and in classroom projects.

1.5 Tinker time: Time to design

Rosie Sciacca, John Paul College, Daisy Hill, Queensland

In this practical session, participants will engage in the design process, adopting the role of a designer. Operating in design teams, participants will be provided with a design problem and will work collaboratively to explore the elements of the problem and to develop divergent ideas to solve the problem. They will use a variety of materials to produce prototypes and test the solution, and will evaluate and reflect on their progress throughout the process. After tinkering with ideas and prototypes, delegates will explore how the experienced processes and strategies connect with home economics classroom pedagogy and assessment.

1.6 10 steps to fashion design

Rycki Symons, Fashion Illustrator, Creative Hub, Gold Coast, Queensland

In this session Rycki will present key components of the design process for both teachers and students. The 10 steps to fashion design include the design process; research and trends; setting briefs; designing to proportion and scale; fabrication and suitability; designing one garment through to a collection; construction and detail; and, finally, presentation of your fashion designs. This workshop will be invaluable to teachers and students for creating to an outstanding standard within the fashion curriculum.

1.7 Design and deliver Queensland's *Food & Nutrition* syllabus for Years 11/12 students

Lyn McErlean, Indooroopilly State High School, Brisbane

Lyn will share and explore a teacher's perspective of some of the key concepts in the relatively new Queensland Years 11/12 *Food & Nutrition* syllabus and the associated skills that students need to complete the course successfully. Lyn will discuss practical ideas to develop teaching plans for Units 1 and 2 that apply the key concepts for the syllabus and align the associated student skills. She will also discuss effective teaching and assessment strategies that build towards the external examination, and shift the ownership of learning to the students. Delegates will have the opportunity to examine relevant resources and consider their own teaching plans for implementing Units 1 and 2.

1.8 Constructing authentic and valid assessment

Kay York, Queensland Curriculum and Assessment Authority

Learn how to construct assessment using the objectives, subject matter and achievement standards of courses of study. This session will provide an in-depth look at how to deconstruct the principles of assessment and ensure that the assessment is authentic and valid. Delegates will be given the opportunity to unpack a piece of assessment to identify the objectives being met, the cognitions and the subject matter; and to practice writing questions that align to syllabus documents. Bring your laptop and a copy of the syllabus document of your choice, and construct a question that will be able to be used in assessment instruments.

Concurrent session 2

2.00 pm–3.15 pm

2.1 You are what you eat! Are you really Australian? What do you know and what do you teach your students about Australian cuisine?

Andrew Fielke, Creative Native Food Service Solutions, Hindmarsh, South Australia

Andrew is an international chef and leading Australian native-food pioneer of 35 years, as well as an author, educator and providore. In this session, Andrew will take you through his views on the evolution of a true Australian cuisine. What if the French had settled here instead of the English? Why has a modern native-food movement only blossomed so recently, when from the first invasion, healthy and tasty native foods were abundant? In this session you will smell rainforest and cold-climate herbs and spices, and taste the earthiness of the harsh deserts and the rich abundance of the high tropical plateau. As he discusses Australian cuisine, Andrew will demonstrate some fantastic and simple dishes that you or your students could make, which are all part of his Native Food Education Kit. This presentation will surely leave you wanting dinner a little sooner!

2.2 After-dinner science

Dr Joel Gilmore, Honorary Fellow, School of Mathematics and Physics, The University of Queensland

Dessert isn't just delicious—it's chock(-olate) full of surprisingly sweet science. Food science and technology now give us new ways to understand and prepare food—for example, using images from scanning-electron microscopes to understanding the structure of chocolate, making the perfect ice cream in seconds, and using unexpected chemistry to create surprising textures. In this presentation, Joel will explore the science of chocolate and more, sharing live demonstrations that show how the kitchen can be a great lab for learning science and how technology can take the guesswork out of cooking!

2.3 Food citizenship

Dr Nick Rose, Executive Director, Sustain: The Australian Food Network, Melbourne

Food citizenship represents the conscious shift from being passive consumers to informed, capable and empowered citizens. As we have seen in the past year with the emergence of the School Strike for Climate Change in Australia, and also internationally, students are beginning to realise their power as political actors. They are making their voices heard and intervening in public debates about matters that are fundamental to their future. This workshop will explore how home economics teachers can use a range of exercises and activities (both at school and on excursions) to help students develop their understanding of the food system and how they can take meaningful action to influence its development in the direction of fairness and sustainability.

2.4 How to teach design-sketching skills, divergent thinking and presentation skills

Stephanie Lawther, Innisfail State College, Queensland

It is often a struggle to encourage students in the junior years to use their creativity and to demonstrate divergent thinking, and to teach them how to sketch their design ideas successfully. In this session, delegates will learn how to teach students to represent their design ideas using a variety of design-ideation sketching skills. Stephanie will demonstrate tips and tricks to enhance design sketches for food, fashion and design solutions, and will model skills to help students thrive as they progress into the senior years. Additionally, Stephanie will take you on a journey on how to present divergent thinking aesthetically in portfolios as well as sophisticated representation of a final concept.

Note: This session was presented at the HEIA(Q) 2019 state conference.

2.5 Introduction to botanical dyeing

Sue Connor, Artisan, Playing with Fibre, Corndale, New South Wales

Sue's workshop will introduce you to the magic and beauty of natural dyeing. As she demonstrates this ancient art, delegates will learn how to extract dye from plants and kitchen waste to obtain colour. Sue will discuss materials that are suitable for natural dyeing and how to effectively mordant protein and cellulose fibres. She will also demonstrate experimenting with the alchemy of dyeing using natural modifiers to create a rainbow of possibilities. A range of samples of botanical dyed fabrics, yarns and fibres will be displayed.

2.6 Plan, teach and assess—The continuum of learning

Leanne Compton, Victorian Curriculum and Assessment Authority

Tess Monda, Mentone Grammar School, Melbourne

This session explores resources that support teachers to plan, teach and assess home economics-related subjects using the *Design and Technologies* and *Health and Physical Education* curriculum areas. Tess will explore how to develop formative assessment rubrics linked to the *Design and Technologies* curriculum. She will present examples of rubrics developed to address part of the achievement standards for *Design and Technologies*, along with examples of student work. Tess will also show how formative assessment can be used to determine what students know and are able to do, and how teachers can pitch their teaching to the level that students are working towards (for example, Level 8 or Level 10). Leanne will provide an overview of freely available resources (for example, curriculum-planning templates, teaching samplers and sample units of work) to support the alignment of curriculum, pedagogy and assessment in accordance with the *Australian Curriculum*.

2.7 Fostering critical thinkers

Rosie Sciacca, John Paul College, Daisy Hill, Queensland

This session will explore critical thinking and critical-inquiry approaches to engaging learners in home economics curriculum, assessment and pedagogy. Delegates will explore the attributes of critical thinking and critical inquiry, and will make connections as to how these elements can enhance student engagement in curriculum. Throughout the session, examples of approaches, resources and student samples will be shared, explored and experienced. When engaging with these examples, participants will be provided with opportunities to reflect on their current practices, to share ideas, and to set manageable goals to refine their pedagogical approaches.

2.8 Part A. The French Revolution and Home Economics: Fired up and speaking out

Dr Jay Deagon, School of Education and the Arts, CQUniversity, Brisbane

The French Revolution (c. 1789–1799) made us aware that hungry, desperate people are capable of starting wars. Conditions similar to those that lead to the French Revolution exist in our world today. The Romantic Movement (c. 1770–1850) was a philosophical, ideological and cultural movement that had—and still has—an impact on Home Economics. For example, the Romantics celebrated as heroes those ordinary people who are creative, feeling beings with intuition, and who have deep connections with their communities and natural environments. This presentation will appreciate home economists as 'romantic' at heart. The past shows us that home economics ideology holds some keys to a more peaceful future.

Part B. Home Economics and the United Nations' Sustainable Development Goals: Report from the International Federation for Home Economics (IFHE) World Congress

Andrew McVittie and Dr Jay Deagon, IFHE, Pacific Region

Sometimes Australian/Pacific Region home economists may feel isolated; however, there is nothing more inspiring than participating in a conference with a few thousand like-minded individuals. Passions ignite as delegates quickly gain an understanding about how proactive, inspirational and networked our global profession is. Following their attendance at the IFHE 2020 World Congress, (2–8 August 2020, Atlanta, Georgia, United States) with a theme of 'Home Economics: Soaring toward sustainable development', Andrew and Jay will take delegates through how Home Economics professionals from around the world contribute to the United Nation's Sustainable Development Goals through research, advocacy and best-practice teaching. Come and be inspired by the big wide world of Home Economics.

Program day two

Tuesday 29 September 2020

7.30 am–2.00 pm	Registration desk open
7.30 am–8.15 am	Welcome refreshments
8.20 am–8.30 am	Welcome
8.30 am–9.50 am	Keynote address

Keynote address: Your best life at any age

Andrew Fuller, Clinical psychologist and Family Therapist Fellow in the Department of Psychiatry and the Department of Learning and Educational Development, University of Melbourne

Resilience requires flexibility in responding to life's challenges. These vary across our life spans. Andrew's fascinating distillation of research on 500 000 people's lives will help delegates to think about themselves, their families and their colleagues differently. This keynote address will be based on Andrew's best-selling book, *Your Best Life at any Age—How to Acknowledge Your Past, Revive Your Present and Revitalise Your Future*. To get the best out of this session, please complete a free analysis of your learning strengths at mylearningstrengths.com and bring the letter that you receive as a result with you to the session. (A full report is also available on request.)

9.50 am–10.20 am	Morning tea
10.25 am–11.05 am	Keynote address

Keynote address: Love, abuse and power: Understanding coercive control

Jess Hill, Walkley Award-winning journalist and author of *See What You Made Me Do: Power, Control and Domestic Abuse*

One in four women will experience domestic abuse in their lifetime. The majority of those who seek help have been subjected to coercive control, an insidious form of abuse in which the perpetrator uses particular techniques—such as isolation, gaslighting, surveillance, micromanagement and degradation—to strip the victim of their liberty and take away their sense of self. In this session, Jess will anatomise the techniques of coercive control and what drives the men who perpetrate it, and share the reasons for her optimism for the future.

11.05 am–11.20 am	Question time with Andrew Fuller and Jess Hill
11.25 am–11.55 am	Concurrent session 3
12.00 pm–1.00 pm	Concurrent session 4
1.00 pm	Lunch
2.00 pm–4.00 pm	Site visits
7.00 pm	Conference dinner (optional)

Concurrent session 3

11.25 am–11.55 am

3.1 Seafood sustainability in Australia: Situation critical or hopeful?

Nicole Senior, Accredited Practising Dietitian and Nutritionist, Professional Nutrition Services, Sydney

There is community concern about the environmental impact of fisheries. This session will share findings from a Fisheries Research and Development Corporation (FRDC) education project for health and food professionals and will incorporate health, sustainability and practical information about seafood. What are the health benefits? How much seafood is recommended? How can you check if a species is sustainable? How does Australia rate? What are the barriers to eating seafood?

3.2 Queensland Curriculum and Assessment Authority Applied syllabuses—Creating a module of work

Julie Walklate, Queensland Curriculum and Assessment Authority (QCAA)

This session will provide an overview of the alignment between the syllabus, study plan, modules of work and assessment in QCAA Applied syllabus subjects, with a focus on *Fashion* and *Hospitality practices*. Understanding this alignment is essential when creating modules of work to ensure course coverage and that the subsequent assessment is appropriate. The session is suitable for teachers of all QCAA Applied syllabuses.

Note: This is a condensed version of the QCAA professional-development workshops that were delivered to Queensland teachers of Applied subjects in October 2019.

3.3 Assessing hidden values in home economics education to promote creativity and skills for family and community service in Niger State, Nigeria

Susan Utim, Federal College of Education, Kontagora, Nigeria

The problem of resource management and wealth creation to meet individual family needs and promote community service has remained a big challenge in most societies. From observation, successive governments in Nigeria have tried to tackle the issue of unemployment and poverty, yet solutions to these issues have remained a mirage. This paper will report on a study with the objectives of identifying some of the hidden values in home economics, identifying ways of tapping the wealth in these values to improve family and community service, identifying ways of promoting creativity and skill acquisition, and revitalising students' interest in the study of Home Economics in Nigerian schools.

3.4 Home Economics: A subject required to opt at Intermediate level

Dr Sadia Farooq, Higher Education Commission Supervisor, Department of Interior and Environmental Design, University of Home Economics, Lahore, Pakistan

The focus of this paper is to determine student-, teacher- and mother-related factors influencing adoption of Home Economics as a subject at Intermediate level. Home Economics is a subject of diversity and of relationships, and has depth and capability to deal with personal and social life matters. Even the subject name has now changed in many countries—using new terms such as 'Family and consumer science'—to reflect the fact that the field covers aspects outside of the home. This paper will look at why it is not a growing subject like others such as medicine, business and marketing, not only in Pakistan but also all over the world.

3.5 Implementation of *Boomerang Bags* with Years 7/8 students

Stacey Rogers, Rockhampton Girls' Grammar School, Queensland

In this session delegates will have the opportunity to examine a unit of work related to Boomerang Bags. The unit is aligned to the *Australian Curriculum*, and includes lesson plans, scaffolding and assessment. Hear how one school has implemented this practically-oriented unit and has in so doing and through collaboration, created community connections with a local business that is giving their bags to customers. Implementing the unit provided an opportunity to promote sustainability to the wider community.

3.6 Brain breaks

Ngaire Mayo, Sarah Kinninment and Sarah Jonker, Woodcrest State College, Queensland

In this interactive session Ngaire and her team will discuss how frequent brain breaks in a classroom can improve concentration and knowledge retention. They will cover research supporting the use of brain breaks and provide tools to help teachers incorporate more physical movement into classroom lessons, giving students' brains a much-needed break to enable them to reignite for learning. Delegates will also have the opportunity to try out some of the team's favourite brain breaks for use in secondary classrooms.

3.7 Advocating for and promoting home economics subject disciplines in schools

Kay York, President, Home Economics Institute of Australia Inc.

Explore ways to get home economics subject information understood by others in your school as well as how to encourage students to study home economics-related subjects. Being able to advocate for the home economics subject disciplines is a sure way to encourage students to take your subjects. Explore ways that the home economics disciplines of design and technologies, food and nutrition, food technologies, early childhood practices, hospitality, textiles and fashion can be promoted in schools. While some ideas will be presented, please bring your own ideas and share your successful strategies with others in the session.

3.8 Trade-to-teacher pathways: Alleviating teacher shortages with flexible-learning options for adults

Dr Bill Blayney, Dean, School of Education and the Arts, CQUniversity, Rockhampton, Queensland

Dr Jay Deagon, School of Education and the Arts, CQUniversity, Brisbane

Attracting trade-qualified professionals into teacher education may alleviate some of the challenges of the looming teacher shortage. This presentation will report on research conducted with adults transitioning through trade-to-teacher pathways and discuss some barriers and enablers to enrolment and retention. This knowledge has been useful for developing flexible-learning options and tailoring Distance Education delivery modes. CQUniversity uses flexible pathways to deliver theoretical and practical skills that facilitate access by adult learners to our Home Economics and Hospitality teacher-education program in spite of their diverse geographic locations and unique life circumstances.

Concurrent session 4

12.00 pm–1.00 pm

4.1 Fermenting and gut health—Implications for the kitchen

Sofie van Kempen, 'Bad-ass nutritionist', Brisbane

In this session, Sofie will present her very popular workshop in which she discusses the importance of gut health and of diversity in the microbiome, and the benefits that fermented foods have for the gut microbiome. She will demonstrate how to make a number of fermented foods, such as kombucha, coconut yoghurt, fermented vegetables, bone broth and aloe vera water. Sofie believes that being well, healthy and happy begins in the gut and loves to demonstrate just how simple that can be.

Note: This workshop is similar to the workshop presented by Sofie at the HEIA(Q) 2018 state conference, which delegates rated extremely highly.

4.2 Fashion illustration

Rycki Symons, Fashion Illustrator, Creative Hub, Gold Coast, Queensland

Rycki will introduce delegates to the world of digital fashion illustration through Photoshop. He will demonstrate fashion tutorials to show teachers and students how to work with manual templates and how to use Photoshop to create stunning fashion illustrations for fashion design work and the course curriculum. The tutorials build capacity and visual communication skills in presenting fashion designs digitally.

Note: This session is similar to but builds on a session at the HEIA(Q) 2019 conference.

4.3 Planetary expedition to 2030

Susan Brandt, Curriculum Leader Home Economics, Brighton Secondary School, Adelaide; and Lecturer, Home Economics Education, Tabor University, Adelaide

How can home economics educators be facilitators in schools to reverse the profound planetary changes that humans have created? In a world where a 16-year-old girl sails from Plymouth, England to New York, United States to raise awareness for global warming, young people are increasingly becoming activists about climate change and other global issues. This session will explore how multi-dimensional learning in the home economics classroom can contribute significantly to reaching the United Nation's 17 Sustainable Development Goals by 2030, in the areas of food studies; textiles, fashion and design; and family-resource management.

4.4 Eating without hunger—Why we can't stop (and what we can do about it)

Dr Nikki Boswell, Nutritionist, Queensland

Professor Donna Pendergast, Griffith University, Queensland

This session aims to ignite critical agendas around diet-related disease and obesity by focusing beyond *what* we eat, to examine the research related to eating behaviours and why we eat when we aren't hungry. This phenomenon will be explored from intrapersonal and psychosocial perspectives, as well as from an environment level, with participants engaging in activities designed to inspire personal and professional practices (including teaching) that promote eating mindfully and in accordance with genuine hunger.

4.5 A sensory experience of Australian flavour

Dr Heather Smyth, Senior Research Fellow, Centre for Nutrition and Food Sciences, Queensland Alliance for Agriculture and Food Innovation, The University of Queensland

The sensory experience of food and wine flavour has an important influence on consumer acceptance or rejection. The human senses play an integral role in dictating what we like to eat; however, this is only part of the story. Heather will report on and explore The University of Queensland's research that focuses on the human sensory experience of Australian foods and on finding new pathways for adding distinctive Australian qualities to our homegrown food-and-beverage products.

4.6 Ethical fashion in the classroom

Susannah Williams, President, Home Economics Institute of Australia Inc. (NSW)

This presentation has two parts: a) the social-justice issue of ethical fashion, and b) how this can be presented in the classroom. Susannah will present the issues around labour, supply and marketing in the clothing industry that contribute to the socially inequitable and unsustainable outcomes that have become well-known over the past five years. Participants will be invited to join a discussion about current research on the difference between the attitudes that consumers report and their actual purchasing habits. Susannah will share learning resources designed to build student thinking around ethical fashion.

4.7 Why is teaching cognitive verbs important and what strategies can assist students to understand them?

Penny Braithwaite, Queensland Curriculum and Assessment Authority (QCAA)

Cognitive skills and strategies provide a structure for learning and support learners as they develop internal processes that enable them to form understanding. Cognitive verbs, referred to as academic vocabulary, signal the type of mental operations that students are expected to perform (Marzano, 2013). Teachers use cognitive verbs as tools for eliciting student responses that demonstrate learning and cognitive processes. This session will use interactive strategies to walk through the cognitive skill toolkit from QCAA.

4.8 Using learning strengths to get smarter

Andrew Fuller, Clinical Psychologist and Family Therapist Fellow, Department of Psychiatry and Department of Learning and Educational Development, University of Melbourne

Delegates have the opportunity to complete a free analysis of their learning strengths at www.mylearningstrengths.com and then to bring the letter they receive as a result to the session. (A full report is also available on request.) Based on their analyses, Andrew will show delegates how to get smarter by leveraging their strengths. The session aims to help delegates create futures they can fall in love with. Keep sparkling!

Site visits

2.00 pm–4.00 pm

A Fareshare

46 Steel Place, Morningside

FareShare rescues food that would otherwise go to waste and cooks it into free nutritious meals for people in need. FareShare tackles the huge local issue of food insecurity head-on by rescuing surplus, high-quality food from supermarkets, wholesalers, farmers and other businesses and using it to feed the needy. Designed to cook up to five million meals a year, FareShare's new production kitchen in Brisbane opened in October 2018 as part of an exciting collaboration with Foodbank Australia. The new operation effectively doubles FareShare's social impact, bringing their total of cooked meals to around 12 000 a day. Join a tour of these new kitchens and facilities, see what's cooking in the 300-litre cookers, view the industrial-sized cool rooms and freezers, learn about FareShare and, depending on numbers, help to package meals.

Transport

Transport to and from the venue will be provided, but delegates may prefer to take their own vehicles (please advise when registering).

B Chiharu Shiota: The Soul Trembles

Gallery of Modern Art (GOMA), Stanley Place, South Brisbane

GOMA is the exclusive Australian venue for *Chiharu Shiota: The Soul Trembles* (27 June–5 October 2020), a touring exhibition from Tokyo's Mori Art Museum that highlights 25 years of Shiota's practice across large-scale installations, sculpture, video performance, photography and drawing. Shiota is known internationally for her transformative installations constructed from millions of fine threads and her works that express the intangible: memories, anxiety, dreams and silence. *The Soul Trembles* is the largest solo exhibition of Shiota's work to date. Join a guided tour of this amazing exhibition, conducted especially for HEIA conference delegates. Following the tour, feel free to stay on to see other exhibits or to visit the Queensland Art Gallery (QAG) in the same complex, where you could enjoy a coffee or glass of wine at the QAG Café adjacent to the gallery's sculpture gardens and Dandelion Fountains.

Transport

GOMA is just a short stroll from the conference venue through Queensland's cultural complex. Please meet in the foyer of GOMA at 2.20 pm in readiness for your 2.30 pm tour.

C 'Meet the designers' walking tour

Venues:

- Museum of Brisbane, City Hall, King George Square, 64 Adelaide Street, Brisbane
- Brisbane Arcade, Adelaide Street, Brisbane

Please meet in the foyer of City Hall no later than 2.05 pm for a 2.10 pm start.

This tour begins at the Museum of Brisbane with the 'White Glove Experiences: The Designers' Guide', which draws on the Easton Pearson Archive to offer an extraordinary insight to the fashion culture, technologies and design inherent in the work of Brisbane designers Pamela Easton and Lydia Pearson. You will be introduced to object-handling techniques and receive expert insight on a curated selection of Easton Pearson objects, inspiration pieces, fabric samples, range plans and lookbooks. Afterwards, you will take a five-minute walk across the road to the heritage-listed Brisbane Arcade, home to the retail outlets and workrooms of local fashion designers.

There you will visit the much-awarded Darb, where Brad Webb specialises in couture bridal design, and Tengdahl, where Julie Tengdahl designs for the modern woman using fabrics of her own creation. Brad and Julie will explain the design processes used in the production of their collections and show delegates through their workrooms. You are sure to be impressed by the beautiful range of garments, many of which are available for purchase. Optionally, you can conclude your tour by exploring some of the other boutiques in the arcade, such as those of fabulous local designers Pia du Pradal and Maiocchi. Afterwards, delegates will find their own way home or back to their accommodation.

Transport options

- Walk (about a 15-minute walk of 1.1 km) across the Victoria Bridge, turn left at George Street, and right at Adelaide Street. City Hall is on the left in King George Square.
- Walk to the Cultural Centre Station and take a bus (about a three-minute ride) to King George Square, Adelaide Street (routes 61, 109, 222, 235 or 345).

D Meet the designers bus tour

Venues:

- Bowerbird Collections, Enoggera Terrace, Red Hill
- Alla Moda, the Emporium, Ann Street, Fortitude Valley

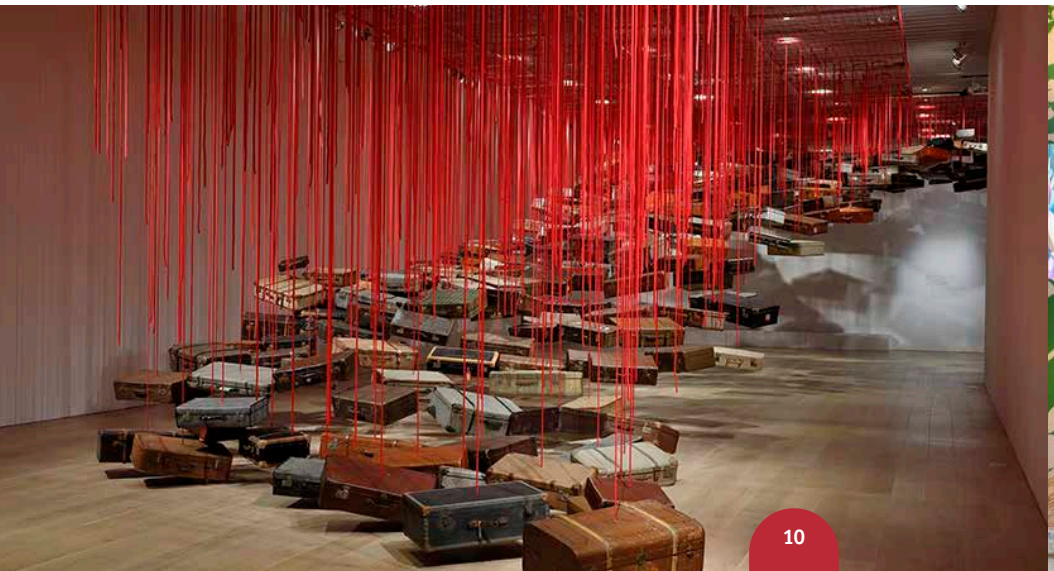
This tour will include visits to two unique Queensland businesses that design artisanal products, supply European designer fabrics, and design and make couture garments. The work of Bowerbird Collections embraces the full scope of the creative process from the initial design through manufacture to a full retail experience. Creative mother and daughter Peta and Ellie opened Bowerbird Collections 10 years ago, offering their range of beautiful lamps, shades and artwork. Their range has since expanded to include scatter cushions, ceramic homewares, ladies clothing, belts, jewellery and tea towels. Delegates will see where the computer-design work happens, lampshades are made, cushions are sewn, and jewellery is assembled, including their own ceramic elements, and the end products of these design processes.

When visiting Alla Moda, you will be able to see and touch some of the most exquisite and exclusive fabrics from European fashion houses and manufacturers. Kerrie, Jan and Paul will explain the intricate details of the fabrics, many of which grace the catwalks of Paris and Milan. Jan and Kerrie will also explain their design processes for making couture garments for their clients.

At both venues you will be able to purchase beautiful and unique items for your home or wardrobe, or supplies for your next home-furnishing or wardrobe project. To conclude your afternoon, you may wish to make the five-minute walk to James Street where you will find several successful Australian designers' boutiques. You may like to stop for a cup of coffee or a glass of wine at Cru Bar + Cellar, Bucci or Harveys Bar + Bistro and discuss all the amazing textile and artisanal products you have had the opportunity to experience, before making your own way home or back to your accommodation.

Transport

Transport will be provided to the venues. Delegates will make their own way home or back to their accommodation. Buses run regularly from Ann Street (the main street travelling inbound from the venues) to the city and to the Cultural Centre station (e.g., routes 60 and 306).



Site visits cont.

2.00 pm–4.00 pm

E The Designers' Guide 'Making' workshop

Museum of Brisbane, Level 3, City Hall, King George Square, 64 Adelaide Street, Brisbane

Please arrive at the museum no later than 2.25 pm for a 2.30 pm start.

During this workshop participants will engage in a hands-on making session inspired by the *Easton Pearson Archive*, which celebrates the fashion culture, technologies and design inherent in the work of Brisbane designers Pamela Easton and Lydia Pearson. Facilitated by staff at the Designers' Guide: Easton Pearson Archive, delegates will take on a challenge to design an accessory inspired by the Museum of Brisbane's collection, focusing on slow fashion and embellishment techniques. Following the workshop, participants will have the opportunity to visit the gallery shop, where the beautiful works of local artisans, including jewellery and ceramics, will be available to touch and to purchase as a special souvenir of the conference, if you wish. After the workshop, you may choose the stay in the city for a cup of coffee or glass of wine. Participants will make their own way home or back to their accommodation (buses run regularly from the city centre to the Cultural Centre; see details below).

Transport options

- Walk (about a 15-minute walk of 1.1 km) across the Victoria Bridge. Turn left at George Street, and right at Adelaide Street. City Hall is on the left in King George Square. The Museum of Brisbane is on Level 3rd of City Hall.
- Walk to the Cultural Centre station and take a bus (about three-minute ride) to King George Square, Adelaide Street (routes 61, 109, 222, 235 or 345).

F Earlee products

50 Rivergate Place, Murarrie

Come and learn how this innovative and award-winning company collaborates with other suppliers to develop new ingredients and products to meet demands of the food industry and its customers. This manufacturing company has a strong focus on research and development, which is enabled by a cross-functional team of food scientists, industrial chemists and chefs. The combined talents of the team, led by their founder (a former CSIRO chemist), allow them to develop products to keep ahead of the ever-changing trends in the food industry. The tour will include an introduction to the company, the role of research and product development, the future of the food industry, and careers in the food industry. This will be followed by a tour of the processing plant, the quality assurance department, and the research and development department.

Transport

Transport to and from the venue will be provided, but delegates may prefer to take their own vehicles (please advise when registering).

G Insider tour of the W Hotel

81 North Quay, Brisbane

Meet Katharine Millar, Director of Human Resources, in the hotel lobby at 2.15 pm.

Delegates will have the opportunity to explore one of Brisbane's newest five-star hotels. Located in the heart of the central-business district on the banks of the iconic Brisbane River, W Brisbane lights up the river foreshore with its luxury hotel suites boasting river views and stellar design. Experience W Brisbane and its 'whatever/whenever service', as the W team gives you an insider tour of the luxury rooms, bars, restaurant, spa, gym, function spaces and heart-of-house kitchen areas. The team will discuss the design elements of the hotel and the chef will discuss what's trending in the kitchens of today's luxury hotels.

Transport options

- Take a 10–15-minute stroll over the Victoria Bridge and then turn left on to North Quay.
- Walk to the Cultural Centre station and take a bus (about three-minute ride) to King George Square, Adelaide Street (routes 61, 109, 222, 235 or 345). Walk back to North Quay and turn right. The hotel is between Adelaide Street and Ann Street.

H Thermomix

Building 201 (2a), 6 Leonardo Drive, Brisbane Airport

The Thermomix is an innovative appliance that replaces up to 12 different appliances in the kitchen. The technology has been developed over the past 40 years to provide a way that helps save time, money, and energy and to easily create both easy and complex recipes and meals from scratch. This hands-on session, lasting approximately 100 minutes, will be held at the Thermomix commercial kitchen. It will cover an introduction to the Thermomix and preparation of recipes suitable for junior, senior and certificate courses. Delegates will each participate in using the Thermomix to make a number of different dishes. The facilitators, who are former home economics teachers, will also discuss the many ways that the Thermomix can be used across the curriculum, including how it can be used to promote nutritional health and to address sustainability issues.

Transport

Transport to and from the venue will be provided, but delegates may prefer to take their own vehicles (please advise when registering).

I Arnott's

46 Robinson Road, East Virginia

Arnott's Virginia bakery is opening its doors for HEIA, allowing conference delegates to experience a one-hour guided tour of the biscuit-making facility as well as the opportunity to discuss all things biscuit-related, such as product development and current trends. This is a rare opportunity to witness the magic behind turning raw ingredients into Australia's iconic bikkies. The bakery produces some of Australia's most loved biscuits, including Monte Carlos, Shortbread Creams and BBQ Shapes. The Virginia bakery was built 30 years ago as Arnott's new Brisbane home, replacing the iconic original bakery on the Brisbane River at Milton. Guests will observe the state-of-the-art robotics and technology used to package our much-loved treats. You'd be crackers to miss out!

Transport

Transport to and from the venue will be provided, but delegates may prefer to take their own vehicles (please advise when registering).

J Reverse Garbage tour and jewellery workshop

20 Burke Street, Woolloongabba

This site visit commences with a short guided tour through Reverse Garbage's warehouse, where you will learn about how and why the organisation operates, how reuse differs from recycling, and how and where materials are collected and sorted. Examples of discarded materials, diverted from landfill and put to creative reuse will be shown. This will be followed by the workshop, *Introduction to jewellery making with salvaged materials*, in which an experienced facilitator will demonstrate the basic techniques of jewellery making Reverse Garbage style using salvaged materials! Each participant will be able to make a pair of earrings and a necklace or bracelet. The techniques to be covered include clasp making, using jump rings and the use of tools.

Transport

Transport to and from the venue will be provided, but delegates may prefer to take their own vehicles (please advise when registering).

Program day three

Wednesday 30 September 2020

8.00 am–3.30 pm	Registration desk open
8.00 am–8.25 am	Welcome refreshments
8.30 am–8.40 am	Welcome
8.40 am–10.10 am	Keynote panel

Keynote panel: *Food futures*

Lucas Becker, Grilo® Protein

Dr Joel Gilmore, The University of Queensland

Dr Lee Hickey, The University of Queensland

Professor Louwrens Hoffman, The University of Queensland

How do we feed the world's growing population without wreaking havoc on the environment? Only one thing is certain: new technologies, new techniques and new food sources will be essential—from genetically modified (GM) foods, to cultured meats and insects, and novel vegan food products. Most importantly, in the world of fake news, how do we communicate the evidence-based science behind these emerging technologies?

Along with Lucas Becker from New South Wales, our panel includes some of Queensland's top scientists and communicators. Dr Lee Hickey has played a key role in developing innovative plant-breeding technologies that are helping to fast-track the development of more robust and productive crops for our future. Grilo Protein co-founder Lucas Becker and his team have been leading the edible-insect movement in Australia for the past four years. Professor Louwrens Hoffman is a meat scientist who specialises in factors that influence the meat quality and processing ability of exotic proteins such as meat from wild ungulates (hoofed animals), as well as from insects and lately, lab-grown meat. Panel chair and food-science nerd Dr Joel Gilmore has long been fascinated by everything from whether vegan milk can be called milk to whether GM foods can really make food better. Together, they will discuss topical issues such as the application of basic cell physiology to the production of cultured (lab-grown) meat, how to create vegan 'meat' that bleeds like real meat, edible insects as an alternative protein source, new crop technologies, GM food, and making proteins and dairy products from microbes, carbon dioxide and water—yes, it's happening now. They will also discuss the challenges of these technologies, especially in countries like Australia with their huge livestock industries.

10.10 am–10.40 am	Morning tea
10.45 am–11.45 am	Concurrent session 5
11.50 am–12.50 pm	Concurrent session 6
12.50 pm–2.00 pm	Lunch
2.05 pm–3.05 pm	Keynote address

Speaker and topic to be confirmed.

3.05 pm–3.30 pm	Closing ceremony
3.30pm–4.30 pm	Closing drinks

Concurrent session 5

10.45 am–11.45 am

5.1 Thai cooking demonstration with the Venzin Group

Chefs Nut and Sprite, Venzin Group, Brisbane

The Venzin Group owns popular restaurants Pawpaw Asian Kitchen and Mons Ban Sabai Thai, as well as a Thai cooking school. In this demonstration, chefs Nut and Sprite will teach the traditional and popular Pad See Ew recipe, which consists of flat rice noodles, egg and kailan (Chinese kale) in a dark soy sauce with pepper and Wagyu beef. Highlighting the key ingredients and the role each of them plays, they will also profile modern cooking techniques, illustrating ways to enhance the presentation of the dish, adding contemporary flair to a traditional favourite. Attendees will receive a goodie bag and a copy of the latest *Venzin Magazine*, which is full of recipes to try at home.

Note: A similar session was offered at the HEIA(Q) 2018 state conference, although a different dish was demonstrated.

5.2 Grilo bug talk and demonstration

Lucas Becker and Pedro Da Silva, Co-founders, Grilo® Protein, Byron Bay, New South Wales

Lucas and Pedro will introduce Grilo Protein, their company that uses insects to produce protein bars, roasted crickets, and powders and blends that can be used in a number of recipes to enhance the nutrient value. They will share their vision, mission and values, and explain 'WHY CRICKETS?'. With over 15 years' cooking experience, the Grilo team will demonstrate two delicious recipes that you can easily add into your daily diet.

5.3 Red meat: Making sense of the messages

Veronique Droulez, Meat and Livestock Australia, North Sydney

Red meat is popular in the Australian diet and its nutrition credentials are well established. However, some confusion exists about how much of it is good for health. This interactive session will explain the recommendations for red-meat consumption in the *Australian Dietary Guidelines* within the context of popular meals and typical practices. Veronique will also explore how practical advice on meal planning is a simple and engaging way to explain how to eat recommended foods and amounts. Implications for nutrition education will be considered, including communications relevant to the general public and opportunities for promoting healthy eating in schools.

5.4 Embracing design in the Years 7–10 Design and Technologies curriculum

Rosie Sciacca, John Paul College, Daisy Hill, Queensland

In this session, participants will explore the design thinking and design processes that underpin effective curriculum, assessment and pedagogy across the Year 7–10 ACARA *Design and Technologies* curriculum. Throughout this exploration delegates will interrogate teaching practices that cultivate a design culture where divergent thinking, collaboration, failure and feedback are embraced, not feared. Participants will have the opportunity to share and engage with a range of learning experiences, assessments and other resources that can be implemented across the *Design and Technologies* curriculum to enhance student engagement, experiences and learning.

Note: This session is similar to sessions presented at the HEIA(Q) 2019 conference and in the HEIA(Q) 2019 regional professional-development program.

5.5 World of wool technologies

Ashley Hollis, Project Manager, Education Extension and Molly Faull, Project Coordinator, Processing and Innovations, The Woolmark Company, New South Wales

Discover the world of Australian wool. In this session, Ashley and Molly will explore new innovations in wool and how new technologies used to enhance wool's benefits and properties are creating demand from the consumer market. They will share current product developments and initiatives undertaken by The Woolmark Company's global technical team and unpack the reasons why innovation is propelling wool forward in the competitive textile market. They will also explain why wool remains a key fibre choice for designers and consumers across womenswear, menswear, sportswear and more, and discuss the challenges and opportunities for the Australian wool industry in today's market.

5.6 Using the TPACK framework: Is it as easy as ICT in the classroom?

Leanne Compton, Victorian Curriculum and Assessment Authority

(with acknowledgement to co-researcher Kathy Jordan, RMIT University, Victoria)

This session explores the complexity of teaching with information and communications technology (ICT) and unpacks the various knowledge domains required to support ICT integration in the classroom. Leanne will use the Technological Pedagogical and Content Knowledge (TPACK) framework to guide participants to map these knowledge domains and to gain an understanding of the framework's complexity. In particular, she will debunk the narrow view that only technological knowledge is required to teach with ICT (including unpacking various dimensions of this knowledge domain to reveal it to be more encompassing than just technical skills) and explain how the interactions between other types of knowledge, such as content and pedagogy, are equally important.

5.7 Farm to Fork—A transformational game

Sandy Smith and Jenny Hanna, Edith Cowan University, Western Australia

This session will provide an overview of the transformational game, *Farm to Fork*, aimed at Year 7 students and covering a number of learning areas, especially *Technologies (Design and Technologies)*, Food and Fibre context. In the game, the player must manage the potato supply chain. In doing so they learn how food moves through the supply chain, with consideration of how production, processing, distribution and marketing impact on nutrition, environment and profits. The game is supported by curriculum-aligned activities in a teacher-support package. In groups, participants will workshop ways to implement the game and use the support materials in the classroom.

5.8 Cut through the confusion: Professional learning for schools facing an uncertain future

Susannah Williams, President, Home Economics Institute of Australia Inc. (NSW)

The future demands a new kind of school compared to many of our existing schools. In this session, Susannah will bring together in an understandable format current research into student development that will meet the needs of the future. She will juxtapose what research tells us is needed for students of the future with an overview of educational leadership in Australia, and with the current climate of confusion and competing voices. Delegates will be given the opportunity to reflect on their own school situations and to develop a content-specific model for professional learning both for now and for the future. Delegates should leave the session with a clearer plan of how to create schools that develop achievement, skills and character in students preparing for an uncertain future.

Concurrent session 6

11.50 am–12.50 pm

6.1 2020 Vision Food

Alison Taafe, Director, The ICE (Institute of Culinary Excellence), Brisbane

As the new decade unfolds, the environment and sustainability remain in the forefront of most people's minds—especially those of chefs and business owners of late. As the cost of food and consumables increase rapidly, we need to think of new ways of sustaining our industry, as well as of respecting the environment. In this session, Alison will demonstrate fabulous ways to use sustainable, often underused, fish varieties and homegrown vegetables, and how to adopt the 'Waste not, want not' mantra that her mum and nan instilled in her.

6.2 Affordability of healthy diets, food security, equity and nutrition policy in Australia

Professor Amanda Lee, School of Public Health, The University of Queensland

In keeping with the theme of the conference, this session will examine the critical issue of health and nutrition inequalities in Australia. It will present recent, and very surprising, data on the cost, price differential and affordability of current and healthy diets for the average Australian family, low-socioeconomic groups, and Aboriginal and Torres Strait Islander communities. The implications that healthy diets can be less expensive than current diets, but still unaffordable for many Australians, will be examined in the broader contexts of food security and environmental sustainability. Finally, relevant fiscal-and-nutrition policy action and inaction will be explored.

6.3 Global perspectives on sustainable fashion

Dr Alice Payne, School of Fashion Design, Queensland University of Technology

As concerns around fashion's environmental and social impact grow, how are different countries and regions responding? Drawing on cases from the recent book *Global Perspectives on Sustainable Fashion*, this session will examine perspectives from six continents, highlighting the diversity of practices in sustainable fashion's production and consumption. These include approaches to designing-out and designing-with waste, as well as craft practices both new and old. Examples range from clothing libraries in South Korea, to women's craft cooperatives in Turkey, to upcycling as activism in Chile. The session will encourage the audience to apply these learnings to their context.

6.4 Your health and your microbiome: When it's OK to have a gut full

Professor Mark Morrison, Diamantina Institute, The University of Queensland

We are constantly being flooded with information on how to improve our general health and wellbeing. Could it be that the real secret to a healthier self is actually already within us? This presentation will present an introduction to recent efforts to unlock the secrets of the gut microbiome, and its roles in 'how what we eat becomes what we are'.

6.5 STEAM in a design context

Rachel Bond, Saint Anthony's Catholic College, Townsville, Queensland

Marianne Milani, Saint Margaret Mary's Catholic College, Townsville, Queensland

Inspired by play-based learning, creativity and inquiry and a desire to further engage students, Rachel Bond and Marianne Milani have adapted a STEAM (Science, Technology, Engineering, the Arts and Mathematics) approach to Years 11/12 Fashion courses. By integrating the ways of thinking in Science, Technology, Engineering, the Arts and Mathematics, students participating in the program have developed and applied creative and conceptual thinking practices to solve designed solutions for real-world challenges. The idea of the approach is to include learning opportunities around play-based learning, to embrace creativity and inclusivity, to remove idea inhibition (as there is no wrong answer in art) and, ultimately, to challenge learners to think outside of the box. Marianne and Rachel believe that they are preparing their students to be 21st-century thinkers in a truly unique, innovative, exciting and fun way. Participants will be involved in mini design challenges in this highly interactive and hands-on learning workshop. Expect to leave inspired with learning tools and ideas to add STEAM ways of thinking to your learning environment.

6.6 Designing curriculum to support sustainable food practices of students

Leanne Compton, Victorian Curriculum and Assessment Authority

Dr Sandra Fordyce-Voorham, Mentone Girls' Grammar School, Melbourne

This session explores the content of a senior secondary, food studies curriculum (Victorian Certificate of Education: *Food Studies*). Leanne will discuss how the study design aimed to assist students to become discerning global food citizens. Sandra will then discuss how the course content was measured against an evidence-based food-literacy model, with the finding that confidence and food exposure were critical factors to students becoming discerning food citizens and being able to demonstrate skills to plan, shop for and produce meals/food. She will also discuss how the content can facilitate students' understanding of how factors such as confidence and food exposure are important in becoming food citizens and developing food skills, including the skills to meet their own dietary requirements by following a tool for food selection such as the *Australian Guide to Healthy Eating*.

6.7 Pecha Kucha: The effective home economics classroom

Rosie Sciacca, John Paul College, Daisy Hill, Queensland

Ashley Hollis, The Woolmark Company, New South Wales

Nikki Boswell, Nutritionist, Queensland

Stacey Rogers, Rockhampton Girls' Grammar School, Queensland

Lyn McErlean, Indooroopilly State High School, Brisbane

Julie Walklate, Queensland Curriculum and Assessment Authority

Pecha kucha is a concise and fast-paced means of sharing ideas, strategies and information. In this pecha kucha, six home economics and allied professionals will share their ideas about: new programs and resources to learn about merino wool; the application of value-alignment theory as an evidence-based pedagogy from which to engage adolescents in understanding how food marketing drives them to eat beyond hunger; how to foster creative thinking in Years 7–10 classrooms through dimensions of learning; the effective use of student self-assessment and self-feedback practices; engaging students and scaffolding the Design Folio task of Queensland Years 11/12 *Food and Nutrition* syllabus; and images and ideas to inspire students' creativity from every elective of the Queensland Years 11/12 *Fashion course*.

6.8 Aboriginal Education in Vocational Education—Hospitality

Tracey Holloway, Singleton High School, New South Wales

This presentation is based on research conducted in New South Wales and the Northern Territory through the Premier's Teaching Scholarship 2017 and on 25 years spent working in Aboriginal Education within the Wanaruah region of the Hunter Valley, New South Wales. The research is titled *Aboriginal students engaging within Hospitality VET courses involving a high level of Aboriginal culture and understanding improves engagement in all delivery models*. The session will include criteria for success for implementing programs within the classroom/school to increase engagement in Aboriginal Education in Vocational Education and Training (VET) in Hospitality. Participants will receive tips and resources to use within the classroom and school community.

Let's get social

Welcome reception

Date:	Sunday 27 September 2020
Time:	4.30 pm–6.00 pm
Venue:	Rooftop Terrace Brisbane Powerhouse 119 Lamington Street, New Farm
Cost:	Included for all registered conference participants Additional guests: $30 per person
Dress:	Smart casual

Travel to the Brisbane Powerhouse via the Brisbane CityCat along the river (15 minutes from Southbank 1 ferry terminal) or take a 15-minute drive/ride from Southbank. Free parking is available. Enjoy a relaxed evening of drinks and cocktail food as you mingle with fellow delegates.

You may choose to arrive early and take a walk through nearby New Farm Park, the largest rose garden in Brisbane, or browse the Brisbane Powerhouse's art exhibits, or just admire the historic building. Stay after the reception for dinner (bookings required) or have a drink at the bar of one of the Brisbane Powerhouse restaurants. For information on the two onsite bars and restaurants, please visit brisbanepowerhouse.org/discover/eat-drink.

A distinctive landmark, both as a striking pre-war industrial building and a hub for creativity, art and cultural innovation, Brisbane Powerhouse is situated on the Brisbane River, central to the bustling New Farm Park precinct. Hosting over 1250 performances and events each year, Brisbane Powerhouse is one of the busiest arts venues in the Asia-Pacific region and creates events that couldn't exist anywhere else. With exceptional performance across all genres, heritage-listed graffiti, riverside bars and restaurants, behind-the-scenes tours, conference and meeting spaces, and regular visual-art exhibitions, Brisbane Powerhouse is the home of living art, ideas and experiences.

We are also pleased to offer a one-hour pre-reception tour of the fabulous Brisbane Powerhouse. Please see the details for the pre- and post-tours in the social program, and book when you register for the conference. Places are limited.

Conference dinner

Date:	Tuesday 29 September 2020
Time:	7.00 pm–11.00 pm
Venue:	Blackbird Private Dining & Events Heritage Room, Level G, Riverside Centre, 123 Eagle Street, Brisbane
Cost:	$112 per person
Dress:	Cocktail

The conference dinner will be held in the very elegant Heritage Room, with stunning views of the Brisbane River, the Story Bridge and the Kangaroo Point cliffs. The ticket price includes one drink and canapés on arrival, main course, dessert, and two drinks with dinner. Additional drinks may be purchased from the bar using cash or EFTPOS.

Travel to Blackbird Private Dining & Events via the Brisbane CityCat, disembarking at the Riverside ferry terminal on Eagle Street; or by taxi, rideshare or private car (with validation, $9 parking is available at Riverside Centre Wilson Parking in Eagle Street).

Closing drinks

Date:	Wednesday 30 September 2020
Time:	3.30 pm–4.30 pm
Venue:	Brisbane Convention & Exhibition Centre
Cost:	Included for all registered conference participants Additional guests: $20 per person

Please register if attending.

After three full days of stimulating and inspiring presentations, take the time to relax with new and established acquaintances at the conference farewell function. This function is complimentary for conference delegates; however, to assist with catering, please ensure you register if you will be attending.

Dine-arounds

Tables have been booked at well-known and recommended Brisbane restaurants. Come by yourself or with others and join your colleagues at a table reserved for HEIA conference delegates and their guests.

Date:	Monday 28 September 2020
Venue:	Choose from one of the restaurants listed below
Cost:	There are fixed prices for some restaurants. For others the cost depends on the venue. Please check the relevant websites for menus and prices. While the fixed prices listed were correct at the time of publication, they could change by September 2020. A $25 deposit is required for all bookings. All prices quoted exclude beverages.
Dress:	Smart casual

Ahmet's Turkish Restaurant

Menu:	Turkish banquet
Time:	7.00 pm
Address:	10/168 Grey Street, South Brisbane
Cost:	$49 per person

ahmets.com

A five-minute walk from Rydges and the Brisbane Convention & Exhibition Centre, and a stroll from the South Bank riverfront, Ahmet's Turkish Restaurant serves some of the most delicious and authentic Turkish meals in Brisbane. The restaurant's great atmosphere leaves a lasting impression from the moment you enter. The menu has been adapted to include vegetarian and gluten-free options.

Southbeach Social

Menu:	Casual, à la carte menu
Time:	7.00 pm
Address:	Southbank Parklands, 30aa Stanley Plaza, South Brisbane
Cost:	Mains $25–$35; pizzas and salads from $18

southbeachsocial.com.au

Situated at Southbank Parkland (five minutes from Rydges or the Brisbane Exhibition & Convention Centre), Southbeach Social is designed to create a friendly, laid-back and tropical atmosphere. Lit up with outdoor fairy lights and welcoming verandas, diners are encouraged to sip, savour and socialise, take in the views of the Brisbane River and the city skyline, and soak in an endless-summer vibe in the heart of South Bank Parklands. Gluten-free and vegan-friendly options are available.

Breakfast Creek Hotel, Spanish Garden

Menu:	Steakhouse
Time:	7.00 pm
Address:	2 Kingsford Smith Drive, Albion (about a 12-minute drive/ride from Rydges or the Brisbane Exhibition & Convention Centre)
Cost:	Mains $25–$50

breakfastcreekhotel.com/dining

The Breakfast Creek Hotel is more than just a venue—it's a major destination in Brisbane, popular with local, interstate and international visitors, one of the best loved in the city. Built in the French Renaissance style in 1889, the Breakfast Creek Hotel is famous for its premium quality steaks and 'Beer off the Wood'. The tradition of superb steaks at the Brekky Creek's signature steakhouse began in 1968 and it's still the ideal place to experience fantastic steaks. But if steak is not your thing, come along and enjoy the many alternative, including seafood, chicken and pasta, as well as vegan and gluten-free options.

Persone Bar & Restaurant

Menu:	Italian cuisine
Time:	7.00 pm
Address:	Brisbane Quarter, Level 2, 300 George Street, Brisbane
Cost:	Entrées from $20: Mains from $40; Pizzas from $20: Desserts $16+

persone.com.au

Persone means 'people' in Italian. Persone Bar & Restaurant is the embodiment of the sweet life, a place where people want to be. Immerse yourself in a truly spectacular Italian bar and dining experience. Persone offers exquisite Italian cuisine with the most spectacular views of Brisbane city. Plenty of gluten-free and some vegetarian options are available.

Mu'ooz Eritrean Restaurant

Menu:	African banquet
Time:	7.00 pm
Address:	54 Mollison Street, West End (a five-minute drive/ride from Rydges or the Brisbane Convention & Exhibition Centre)
Cost:	$39 per person

muooz.com.au

Mu'ooz is an African not-for-profit social enterprise and restaurant, located in the heart of culturally diverse West End. Mu'ooz, means 'tasty and healthy' in Tigrinya, the language of Eritrea and parts of Ethiopia. Mu'ooz offers exclusive north-east African cuisine using local and African ingredients while providing exceptional quality service. Founded in 2003 by the Eritrean Australian Women & Family Support Network Inc., the aim of Mu'ooz is to give work experience, training and employment opportunities to African refugees, helping to break down the cross-cultural barriers. Vegetarian and gluten-free options are available but must be requested at the time of booking.

Viet de Lites

Menu:	Vietnamese banquet
Time:	7.00 pm
Address:	4A Little Stanley Street, South Brisbane
Cost:	$40 per person

vietdelites.com.au

A five-minute walk from Rydges and the Brisbane Convention & Exhibition Centre, and a stroll from the Southbank riverfront, Viet de Lites offers great Vietnamese food based on fresh ingredients and traditional cooking techniques. The menu includes a range of traditional Vietnamese dishes and the regular banquet menu has been adapted to cater for vegetarians and those requiring gluten-free options.

Greca

Menu:	Contemporary Greek banquet
Time:	7.45 pm (second sitting)
Address:	Howard Smith Wharf (under the Story Bridge), 3/5 Boundary Street, Brisbane (about a 10-minute drive/ride from Rydges or the Brisbane Convention & Exhibition Centre)
Cost:	$65 per person

greca.com.au

Beneath the Story Bridge, inside the recently revitalised heritage-listed Howard Smith Wharves, you'll find Greca, a contemporary *taverna* serving Greek food, just as it should taste, with generous Mediterranean hospitality, just as it should be. Inspired by the Mediterranean way of life and the pleasures of eating together, all dishes are designed for sharing. Vegetarian and gluten-free options are available but must be requested at the time of booking.

Alchemy Restaurant and Bar

Menu:	Modern Australian cuisine: three-course meals chosen from three entrees, three mains and three desserts
Time:	7.00 pm
Address:	175 Eagle Street, Brisbane (about an eight-minute drive/ride from Rydges or the Brisbane Convention & Exhibition Centre, or take the CityCat ferry from Southbank to the Riverside ferry terminal)
Cost:	$100

alchemyrestaurant.com.au

Alchemy's chef Brad Jolly is regarded as one of Australia's leading and most influential chefs. Brad has won several prestigious international and national accolades, including four first-place titles in the La Chaîne des Rôtisseurs in Paris. A culinary perfectionist, Brad has worked alongside Marco Pierre White, Éric Chavot and Jamie Oliver. Alchemy Restaurant and Bar offers a unique Australian dining experience. Located in a stunning position on the Brisbane River, the venue has an atmosphere of relaxed elegance furnished by the exquisite cuisine and spectacular views. Vegetarian and gluten-free options are included in each course.

Optional

Pre-conference tours and workshops

Saturday 26 September 2020

Moreton Island day trip

Date:	Saturday 26 September 2020
Time:	8.45 am–5.00 pm
Cost:	Departing BCEC: Adults $159; Children $109 (includes all transfers and lunch) Departing Pinkenba: Adults $139; Children $89 (includes lunch)
Departure:	8.45 am from the Brisbane Convention & Exhibition Centre If you wish to make your own way to the ferry terminal at 220 Holt Street, Pinkenba, please arrive there by 9.15 am. The ferry will depart at 10.00 am. Return trip: The ferry will arrive back at Pinkenba at 4.30 pm and participants will arrive back at South Bank around 5.00 pm.

With its idyllic white beaches, crystal-clear blue waters, stunning sunsets and the opportunity to handfeed wild dolphins, Tangalooma Island Resort is truly an island paradise in Brisbane's backyard. The cruise will arrive at Tangalooma Resort at around 11.15 am. Guests will have the choice of a 3-hour whale-watching expedition (starting 12 noon with lunch provided on the boat), or having lunch at the resort before a 1.5-hour marine-discovery tour (starting at 12.15 pm) in a purpose-built pontoon that provides uninterrupted views of the marine life. With full eco-commentary, the tour will travel in search of dolphins, dugongs, green sea turtles, rays and more—like the 15 sunken shipwrecks in the area. Conclude your day by relaxing in the resort, taking a beach walk or a walk in the nearby bush, or maybe a relaxing swim.

Note: Please nominate either the 3-hour whale-watching activity or the 1.5-hour marine-discovery tour when booking.

Sunday 27 September 2020

Scenic Rim full-day tour

A tour of excellence encompassing sheep's-milk cheese making, wine tasting, a lavender farm, and a tasting of award-winning camels' milk at an authentic camel farm

Date:	Sunday 27 September 2020
Time:	8.30 am–4.00 pm
Cost:	$185 per person (includes transfers, lunch and wine tasting)
Departure:	8.30 am from the Brisbane Convention & Exhibition Centre

HEIA has designed this superb full-day tour especially for conference delegates and their guests. The Scenic Rim is a region of great abundance, from iconic Tamborine Mountain to beautiful Lake Moogerah, from rugged Mount Barney to welcoming Boonah.

Guests will visit the wonderful Towri Sheep Cheeses farm for a tour that includes a milking demonstration and cheese tasting. Learn about the basics of sheep's-milk cheese making from cheesemaker Carolyn Davidson, including a discussion on the differences between cheese made from sheep's, cows' and goats' milk`. Following this, guests will visit the Kooroomba Vineyard and Lavender Farm for wine tasting and a two-course lunch. The final destination is Summerland Camels, an authentic working farm with 550 camels that is on the forefront of innovation, technology and sustainable-farming practices. There will be a guided tour through the production facilities and dairy, when you will learn about camel milk, its powerful immune proteins and anti-aging ingredients and how they benefit human health. The tour concludes with a tasting of their award-winning camel milk and Persian feta.

Brisbane Powerhouse tour

Date:	Sunday 27 September 2020
Time:	3.30–4.30 pm
Cost:	$15 per person
Venue:	Brisbane Powerhouse 119 Lamington Street, New Farm

Travel to the Brisbane Powerhouse via the Brisbane CityCat along the river (15 minutes from Southbank 1 ferry terminal) or take a 15-minute drive/ride from South Bank. Free parking is available.

Join us on a behind-the-scenes guided tour of Brisbane Powerhouse. Discover the history of this striking modernist building, from the late 1920s when Brisbane Powerhouse supplied electricity for Brisbane's tramway system, to the 1970s to 2000 when underground artists, performers and the homeless inhabited the ruins, resulting in superb heritage-listed graffiti. Brisbane Powerhouse is now the home of living art, ideas and experiences, representing the personality of contemporary Brisbane. This comprehensive tour ventures backstage, an area normally reserved for staff and artists, where you might even hear a ghost story or two. As the Powerhouse is the venue for the HEIA 2020 conference welcome reception, you will be ideally positioned to go directly to the reception after the tour. Places are limited, so register early to avoid disappointment.

River cruise on Mirimar II to Lone Pine Koala Sanctuary

Date:	Sunday 27 September 2020
Time:	10.00 am—3.30 pm
Cost:	Including entry to the Lone Pine Koala Sanctuary and the return cruise: Adults $80 Concessions $65 Children (3–13 years) $48 Families (2 adults + 3 children) $220
Departure:	10.00 am from the Cultural Centre Pontoon, South Bank (in front of the State Library of Queensland)
Return trip:	2.15 pm from the Lone Pine Koala Sanctuary pontoon, arriving back at the Cultural Centre Pontoon at 3.30 pm.

Enjoy an informative commentary on your 75-minute journey gliding along the Brisbane River, from the bustle of the city's skyscrapers to leafy suburbs with waterside mansions. Morning tea, lunch and snacks are available for purchase from the on-board café. Upon arrival you will have three hours to explore at Lone Pine Koala Sanctuary. The sanctuary opened in 1927 as a refuge for sick, injured and orphaned koalas, at a time when the species was being culled for the fur trade. Today, Lone Pine Koala Sanctuary is home to over 70 species of Australian native wildlife including koalas, 150 free-ranging kangaroos and wallabies, platypus, dingos, wombats, Tasmanian devils, echidnas, cassowaries, cockatoos, lorikeets, bats, owls, kookaburras, emus, and many more.

In addition to checking out the 70 species of Australian wildlife, you might like to visit the Brisbane Koala Science Institute, feed the kangaroos (kangaroo food can be purchased from the General Store alongside the Kangaroo Reserve), or attend some of the free scheduled activities such as the Koala Keeper Talk, Free Flight Raptor Show, Sheep Dog Show and Snake Keeper Talk. There are photo opportunities with the koalas, snakes and raptors (for which tickets can be purchased from the Main Koala Exhibit). Lunch and other refreshments are available from the General Store (near the Kangaroo Reserve) or from the Riverside Café just outside the main entrance, or you can take your own lunch.

Please note: There are 28 steps from the pontoon up to the entry gates at Lone Pine Koala Sanctuary. Check the times of daily shows and activities at koala.net/daily-shows-and-activities.

Post-conference tours and workshops

Thursday 1 October 2020

Spirit House cooking masterclass and The Ginger Factory

Date:	Thursday 1 October 2020
Time:	7.30 am–5.30 pm
Cost:	$240 per person (includes transfers, cooking masterclass, lunch and demonstrations)
Departure:	7.30 am from the Brisbane Convention & Exhibition Centre

This full-day tour to the beautiful Sunshine Coast region includes two icons of that region. Spirit House purports to be one of Australia's best food experiences—come and find out why. Arrive at 9.15 am for a masterclass in Thai cooking. This is a hands-on class using Asian ingredients. Whether you are a competent cook or simply want a basic understanding of Asian ingredients and cooking methods, a Spirit House cooking class is a great experience. Learn the chefs' secrets as cook up a storm, with a huge range of recipes to choose from. Learn master chefs' techniques to make dishes that are sure to wow. Lunch and wine are included.

Departing the Spirit House, you will travel to The Ginger Factory, also at Yandina, where you will first explore the world of the honey bee with a fully guided live-bee demonstration. You'll have the opportunity to taste different varieties of honey and to learn about hive-related products. This will be followed by a guided tour of Australia's only working ginger factory. Starting from humble beginnings as a farming co-operative in 1941, Buderim Ginger has become a leading producer of ginger products. Guests will be served a delightful tasting plate made with Buderim Ginger products before heading back to Brisbane.

Hands-on textile workshop and Tamborine Mountain tour

Numbers on this tour are very limited so please book early to avoid disappointment.

Date:	Thursday 1 October 2020
Time:	7.45 am–4.00 pm
Cost:	$196 per person (includes morning tea and lunch)
Departure:	7.45 am from the Brisbane Convention & Exhibition Centre

The morning of this full-day trip will be spent participating in a rug-making workshop with textile artist Bec Anderson. The three-hour workshop will teach the basics of punch-needle work and will allow time to explore the technique without the pressure of having to complete a piece. Morning tea will be provided. After a creative morning, the tour will move on to The Cedar Creek Estate Vineyard & Winery for wine tasting and lunch.

Following lunch, participants will visit Outland Denim's head office on Tambourine Mountain. Outland denim is an Australian company that works sustainably to craft premium denim jeans. The company gained popularity in 2018, after Meghan, Duchess of Sussex, wore a pair of their jeans on her Australian royal tour. Founded by James Bartle in 2011, the company's mission was to help survivors of human trafficking in Asia. Outland provides training, living wages and holistic education to all its workers.. A representative of Outland Denim will give a presentation explaining how the company works sustainably to produce products that use less water, less energy and are of a more conscious construction. The aim of Outland Denim is zero exploitation—from the cotton farm to the courier who delivers the jeans. Special discounts will be available if delegates would like to purchase jeans from Outland Denim.

Taste of the Sunshine Coast hinterland tour with Mystic Mountain Tours

Date:	Thursday 1 October 2020
Time:	8.00 am–6.00 pm
Cost:	$170 per person (excludes lunch)
Departure:	8.00 am from the Brisbane Convention & Exhibition Centre

Explore the beautiful Sunshine Coast hinterland on a fully guided tour where you will meet the makers of unique gourmet delights and share the dreams of inspired locals. Arrive at Mary Cairncross Rainforest where you can relax with a coffee next to the rainforest at the Mountain View Café overlooking the Glasshouse Mountains. Our next stop is Maleny Food Co, where you will enjoy a delicious platter featuring locally made cheese with artisanal accompaniments. Browse in the fromagerie and taste their award-winning gelato and sorbet. Whilst in Maleny, we will take a tour through the Maleny Chocolate Company and see how the team make their irresistible creations with no preservatives, artificial flavourings or vegetable oils—you'll taste the difference with these delicious handmade chocolates.

Lunch will be in Montville (at own cost) with free time to explore this charming village with a range of wonderful cafes to choose from as well as art galleries and gift shops and more handmade delights. After lunch we will experience fine wines and spectacular views at the Flame Hill Vineyard. The next stop will be Brouhaha Brewery in the heart of Maleny, where you can try something new—the taste of handmade beer from this fun brewery. There is a wide range to choose from including some beers with unique twists. Our final stop before returning to Brisbane will be The Barrel at Clouds Vineyard, where you'll taste regional Queensland wines from the Granite Belt, while sitting inside a giant barrel!

Tamborine Mountain full-day tour

Date:	Thursday 1 October 2020
Time:	9.00 am–5.00 pm
Cost:	$160 per person (includes transfers and lunch—with gluten-free and vegetarian options—and all tastings). There are no catering facilities at our first venue, so please bring a water bottle and snack (if you need it) for morning tea.
Departure:	9.00 am from the Brisbane Convention & Exhibition Centre

This delightful and very interesting full-day tour has been designed especially for HEIA 2020 conference delegates and their guests. The first stop will be at Bee All Natural where guests will learn about all things honey and bees, and the benefits of raw honey versus processed and corrupted honey. The visit includes a demonstration of how raw honey is extracted from the honeycomb frames. Protective suits and gloves will be supplied for those who would like to view inside the hive and possibly perform a small robbing from the bee hive.

Next the tour will go on to the Tamborine Mountain Coffee Plantation, for a tour of the plantation and processing facilities, and a sensory tasting learning how to identify coffee flavours. This will be followed by wine tasting and a delectable two-course lunch at Hampton Estate Wines. The last stop for the tour will be the Tamborine Mountain Distillery, a boutique distillery that manufactures fine liqueurs, vodkas, schnapps, eaux de vie, rum, gin and more. You will have the opportunity to taste up to five liqueurs or spirits of your choice. Finally, there will be free time for a stroll down Gallery Walk where there are over 60 art, craft, gift and knick-knack shops.

Registration information

www.heia.com.au/events-conference-registration

Registration fees (per person)

Registration fees are based on the date of receipt of payment, not on the date of registration. All prices quoted are in Australian dollars and include GST.

Registration type	Early bird (up to Friday 19 June 2020)	Standard (from Saturday 20 June 2020)
Full registration		
HEIA member	$740	$880
HEIA member (full-time student/not in paid employment)	$620	$740
Non–member	$870	$990
Non–member (full-time student/ not in paid employment)	$740	$890
Day registration		
HEIA member	$290	$350
HEIA member (full-time student/ not in paid employment)	$230	$280
Non–member	$380	$450
Non–member (full-time student/ not in paid employment)	$290	$350

Payment at the earlybird rate must be received by Friday 19 June 2020 otherwise standard fees will apply.

Entitlements

Full 3-day registration includes:

- attendance at the welcome reception on Sunday 27 September at the Brisbane Powerhouse
- attendance at all plenary sessions, and at six concurrent sessions and one site visit
- refreshments on arrival, morning tea and lunch each day
- closing drinks.

Day registration includes:

- attendance at plenary sessions, and one session in each block of concurrent sessions on the day of attendance and, for Tuesday day registrations, one site visit
- refreshments on arrival, morning tea and lunch on the day of attendance.

Social event fees

Please see pages 15-16 for details of events.

Welcome reception

Cost: Included for all registered conference participants (additional guests: $25 per person).

Conference dinner

Cost: $112 per person. Ticket price includes one drink and canapés on arrival, main course, dessert, and two drinks with dinner.

Dine around

Cost: various; a $25 deposit per person is required at the time of booking.

Closing drinks

Cost: Included for all registered conference participants (additional guests: $20 per person).

To register

1. Please read the conference program and choose your concurrent sessions, site visit and social events prior to registering, as you will need to enter those choices during the registration process.
2. Complete the online registration form at heia.com.au/events-conference-registration. Registering online enables payment of fees via MasterCard or Visa. Alternatively, you may nominate to pay via EFT.

Registration acknowledgement

When you submit your registration details online, a confirmation letter and tax invoice/receipt will be emailed to you instantly. If you do not receive your registration confirmation at this time, please check that it is not in your junk folder, then email heiabrisbane2020@expertevents.com.au or telephone the Conference Secretariat on 07 3848 2100. All acknowledgements and communications will be sent via email.

Payment of registration fees

Please note that registrations will not be finalised until payment in full is received.

Credit card payments

These may be made by MasterCard or Visa. Payments will appear as 'Expert Events' on your credit card statement.

EFT payments

BSB:	064 119
Account number:	1038 6224
Name:	Home Economics Institute of Australia Inc – Conference Account
Reference:	[Insert your surname and invoice number]

Please email your remittance details to heiabrisbane2020@expertevents.com.au.

Changes to your registration

Changes may be made via your personal registration login. Should you require additional assistance, please advise us of your requests for changes via email at heiabrisbane2020@expertevents.com.au.

Registration desk

The conference registration desk will be open from 7.30 am on Monday 28 September 2020 at the Brisbane Convention & Exhibition Centre's Plaza level.

Cancellation and refund policy

Cancellations must be advised in writing to the Conference Secretariat. Registration cancellations received by Friday 28 August 2020 will receive a refund of the registration fee, less a $55 administrative charge. Registration fees will not be refunded after Friday 28 August 2020 unless extenuating circumstances apply and will be at the discretion of the Conference Committee. Registration is transferable to a colleague any time prior to the event provided the Conference Secretariat is advised in writing.

Conference Secretariat

For further information or assistance with your conference registration, please contact:

E. heiabrisbane2020@expertevents.com.au
T. 07 3848 2100

W. heia.com.au
E. heia@heia.com.au

The conference website and online registration is available at www.heia.com.au/events-conference-registration

Program at a glance

Please see pp. 15-18 for information on social events, pre- and post-conference tours and workshops.

Sunday 27 September 2020

4.30 pm–6.00 pm	Welcome reception, Brisbane Powerhouse

Monday 28 September 2020

7.30 am–4.30 pm	Registration desk open
7.30 am–8.25 am	Welcome refreshments
8.30 am–9.00 am	Welcome and opening
9.00 am–10.35 am	Opening keynote panel ***Our food system is in crisis and needs urgent attention*** Dr Sandro Demaio, Dr Nick Rose and Dr Rosemary Stanton OAM
10.35 am–11.05 am	Morning tea
11.10 am–12.40 pm	Concurrent session 1
12.40 pm–1.55 pm	Lunch
2.00 pm–3.15 pm	Concurrent session 2
3.20 pm–4.20 pm	Keynote address ***Eat better, think better, feel better! Why helping people improve nutrition should be a priority*** Professor Clare Collins
4.20 pm–4.30 pm	Plenary reflections
4.30 pm	Close
Evening	Dine-arounds (optional)

Tuesday 29 September 2020

7.30 am–2.00 pm	Registration desk open
7.30 am–8.15 am	Welcome refreshments
8.20 am–8.30 am	Welcome
8.30 am–9.50 am	Keynote address ***Your best life at any age*** Andrew Fuller
9.50 am–10.20 am	Morning tea
10.25 am–11.05 am	Keynote address ***Love, abuse and power: Understanding coercive control*** Jess Hill
11.05 am–11.20 am	Question time with Andrew Fuller and Jess Hill
11.25 am–11.55 am	Concurrent session 3
12.00 pm–1.00 pm	Concurrent session 4
1.00 pm	Lunch
2.00 pm–4.00 pm	Site visits
7.00 pm	Conference dinner (optional)

Wednesday 30 September 2020

8.00 am–3.30 pm	Registration desk open
8.00 am–8.25 am	Welcome refreshments
8.30 am–8.40 am	Welcome
8.40 am–10.10 am	Keynote panel ***Food futures*** Lucas Becker, Dr Joel Gilmore, Dr Lee Hickey and Professor Louwrens Hoffman
10.10 am–10.40 am	Morning tea
10.45 am–11.45 am	Concurrent session 5
11.50 am–12.50 pm	Concurrent session 6
12.50 pm–2.00 pm	Lunch
2.05 pm–3.05 pm	Keynote address
3.05 pm–3.30 pm	Closing ceremony
3.30pm–4.30 pm	Closing drinks