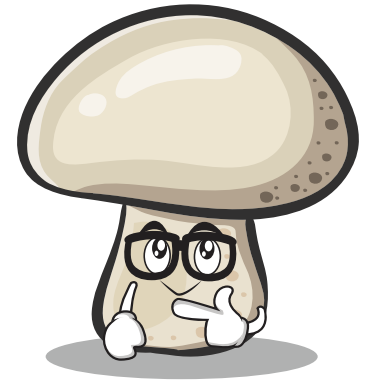


# Munching Mushrooms Survey



<b>Do you eat mushrooms?</b>	<b>Yes</b>
	<b>No</b>

<b>Have you eaten mushrooms in the past week?</b>	<b>Yes</b>
	<b>No</b>

<b>Does your family eat mushrooms?</b>	<b>Yes</b>
	<b>No</b>



<b>Do you think mushrooms are healthy?</b>	<b>Yes</b>
	<b>No</b>

<b>Can mushrooms boost your immunity?</b>	<b>Yes</b>
	<b>No</b>

<b>How many times/week do you or your family eat mushrooms?</b>
<b>Never</b>
<b>1-2 times/week</b>
<b>3-4 times/week</b>
<b>Most days</b>

This resource has been developed by:

# A Healthy Food Choice

## What do you know about mushrooms?

Mushrooms contain a unique blend of vitamins, minerals, and antioxidants that the whole family needs.

Scan the QR codes or click on the links below to learn more about the mighty mushroom.

▶ Australian Mushrooms  
<https://australianmushrooms.com.au/health/>



▶ Australian Mushroom Growers Association  
<https://australianmushroomgrowers.com.au/nutrition/>



1. Summarise some of the key nutritional benefits that mushrooms offer. An example has been provided for you.

Full of B vitamins

This resource has been developed by:

# Scavenger Hunt and Crossword



Scan the QR code or click on the [link](#) to discover the answers to the crossword clues.

### Across

- 2. Necessary for iron transplant
- 4. Neutralise free radicals
- 5. In combination with calcium forms the basic structure of teeth and bones
- 8. Measure of the effect a carbohydrate-containing food has on your blood glucose levels
- 9. Important vitamin for women just before they fall pregnant
- 11. Type of fibre, that may help to support a healthy gut
- 12. Unique flavour in mushrooms
- 13. Riboflavin, niacin, pantothenic acid, biotin

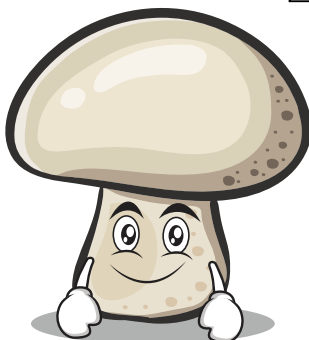
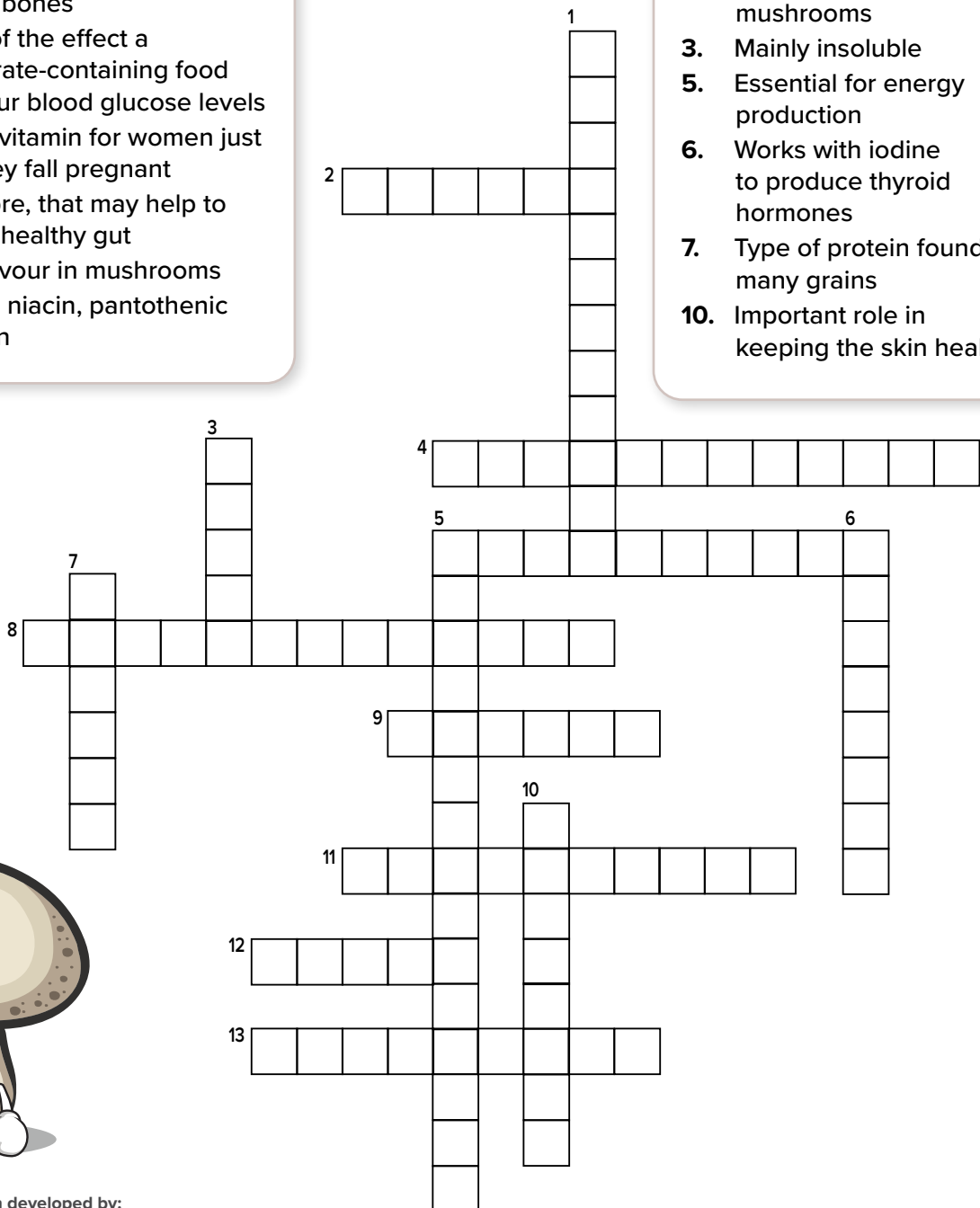


### Mushroom Health and Nutrition

<https://australianmushrooms.com.au/health/>

### Down

- 1. Proteins found only in mushrooms
- 3. Mainly insoluble
- 5. Essential for energy production
- 6. Works with iodine to produce thyroid hormones
- 7. Type of protein found in many grains
- 10. Important role in keeping the skin healthy



This resource has been developed by:

# Mushroom Nutritional Information

Scan the QR code or click on the [link](https://australianmushrooms.com.au/health/) to go to the Australian Mushrooms website and navigate to the nutrition information panel.



▶ Australian Mushrooms <https://australianmushrooms.com.au/health/>

1. Search the nutrition information for a meat, vegetable, and other food of your choice. Complete the table below for mushrooms and your other choices.

	Mushroom		Meat of your choice		Vegetable of your choice		Other food of your choice	
	Avg. Quantity /100g	% Daily Intake	Avg. Quantity /100g	% Daily Intake	Avg. Quantity /100g	% Daily Intake	Avg. Quantity /100g	% Daily Intake
Energy (kj)								
Protein, total (g)								
Fat, total (g)								
Carbohydrate, sugars (g)								
Dietary fibre, total (g)								
Sodium (mg)								

This resource has been developed by:



# Mushroom Nutritional and Sensory Information

1. Using the nutritional data from Worksheet 4.4 Mushroom Nutritional Information, justify why mushrooms are recommended as part of a healthy balanced diet.

---



---



---



---

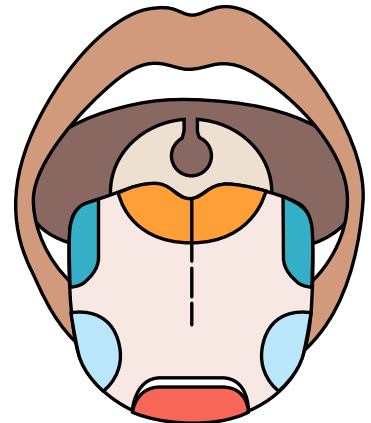
“The unique flavour in mushrooms is known as umami. It’s the natural glutamates that give mushrooms their deliciously rich, savoury ‘umami’ flavour that makes them a favourite with meat eaters and vegetarians alike.

One of the best benefits of foods containing glutamate is that when they are added to meals, the salt content can be reduced by 30–40% without affecting the flavour. That means when you add mushrooms to a meal, you can cook with or add less salt. In fact, you may be able to get away with no salt at all and let the flavour of mushrooms do the talking.”

(Australian Mushrooms, 2015)

2. Can you find out where the taste receptors are located on the tongue? Draw lines to the corresponding regions.

- Bitter
- Sour
- Salty
- Sweet
- Umami



3. Why do doctors and nutritionists suggest lowering your salt intake?

---



---



---



---

This resource has been developed by:

# Mushroom Storage and Preservation



Scan the QR code or click on the [link](#) to go to the Australian Mushrooms Growers Association website.



▶ Australian Mushroom Growers Association <https://australianmushroomgrowers.com.au/mushroom-101/>

1. Summarise how fresh mushrooms should be stored at home.

---

---

---

Scan the QR code or click on the [link](#) to go to the GroCycle website. Read about the various methods used to preserve mushrooms, then choose one of the preservation methods and fill in the points below:



▶ GroCycle <https://grocycle.com/how-to-preserve-mushrooms/#:~:text=Thebestwaytopreserve,ordehydratortodrythem>

2. Why preserve mushrooms?

---

---

---

---

3. My chosen preservation method: \_\_\_\_\_

---

4. Best suited for: \_\_\_\_\_

---

5. Will last for: \_\_\_\_\_

*Note: You may have to conduct additional research to complete all the points.*

This resource has been developed by:



# Mushroom Storage and Preservation (cont.)

## Task

Design an informational brochure that summarises your chosen preservation method to be displayed in the classroom. In your brochure, you need to consider the following:

- How mushrooms are preserved.
- The effect of preservation on taste and cooking techniques.
- How mushrooms should be used to prevent spoilage throughout the preparation, cooking, presenting, and storage phases.



This resource has been developed by:

# Cooking Mushrooms

Scan the QR codes or click on the links below to research and learn about mushroom recipes.

▶ Australian Mushrooms  
<https://australianmushrooms.com.au/tips-tricks-facts/>



▶ Australian Mushroom Growers Association  
<https://australianmushroomgrowers.com.au/mushroom-recipes/>



1. Choose one recipe and record it in the space below. Share your recipe with the class.

## My Mighty Mushroom Recipe



\_\_\_\_\_

**Dietary requirements  
(e.g. vegetarian):**



**Serves:** \_\_\_\_\_



**Cooking Time:** \_\_\_\_\_

### Ingredients

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

### Directions

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

This resource has been developed by:





# Mushroom Week



Research international mushroom recipes that are considered ‘traditional’ to different areas of the world. Select a recipe for each day of the week from a different region in the world that you would like to cook for ‘mushroom week’. Record your recipes below and share your selections with the class.

Sunday

	<b>Name of recipe:</b>	
	<b>Country or region of origin:</b>	
	<b>Ingredients:</b>	<b>Directions:</b>
	✓	
	✓	
	✓	
	✓	
	✓	
	✓	
	✓	
	✓	

Monday





	<b>Name of recipe:</b>	
	<b>Country or region of origin:</b>	
	<b>Ingredients:</b>	<b>Directions:</b>
	✓	
	✓	
	✓	
	✓	
	✓	
	✓	
	✓	
	✓	

This resource has been developed by:





# Mushroom Week (cont.)



Tuesday

 <b>Name of recipe:</b>	
 <b>Country or region of origin:</b>	
 <b>Ingredients:</b>	 <b>Directions:</b>
✓	
✓	
✓	
✓	
✓	
✓	
✓	
✓	

Wednesday





 <b>Name of recipe:</b>	
 <b>Country or region of origin:</b>	
 <b>Ingredients:</b>	 <b>Directions:</b>
✓	
✓	
✓	
✓	
✓	
✓	
✓	
✓	

This resource has been developed by:


# Mushroom Week (cont.)



Thursday

 <b>Name of recipe:</b>	
 <b>Country or region of origin:</b>	
 <b>Ingredients:</b>	 <b>Directions:</b>
✓	
✓	
✓	
✓	
✓	
✓	
✓	
✓	





Friday

 <b>Name of recipe:</b>	
 <b>Country or region of origin:</b>	
 <b>Ingredients:</b>	 <b>Directions:</b>
✓	
✓	
✓	
✓	
✓	
✓	
✓	
✓	

This resource has been developed by:



# Mushroom Week (cont.)

Saturday	 <b>Name of recipe:</b>	
	 <b>Country or region of origin:</b>	
	 <b>Ingredients:</b>	 <b>Directions:</b>
	✓	
	✓	
	✓	
	✓	
	✓	
✓		
✓		



This resource has been developed by: