Nalderun Education Aboriginal Corporation
Curriculum Resource

Resource Title	Nutritional Value of Foods
Aboriginal Protocols	
Person	Aunty Julie McHale
Mob Group/Country	Aunty Julie is a Trawlwoolway woman of the Palawa nations.
Content Country	This resource was created on Djaara country of the Kulin nations.
Curriculum Area	• Health and Physical Education VC2HP10P10
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Pedagogies	• The 8 Ways, Non-linear
Ways of Assessing	
First Nations Education Academics that back your reasons	
Any other info / comments	

BIDJIGAL (QUANDONG)

The Quandong contains twice the Vitamin C of an orange. It is a wonderful source of Vitamin E, folate, magnesium and calcium. It is a valuable vegetarian/vegan source of iron and zinc. It functions as a rich source of phenolic-based antioxidants which boost the immune system, reduce inflammation and protect against a number of diseases including cancer, cardiovascular disease and Alzheimer's disease. Its kernel contains a range of complex oils and is recognised for its antibacterial and anti-inflammatory qualities. It contains Rutin, a strong antioxidant that can reduce the proliferation of free radicals. Rutin works with Vitamin C to strengthen capillaries, reduce dark circles under the eyes and strengthen the skin from the effects of aging.

WANDUIN (LILLY PILLY or RIBERRY)

The Riberry has three times the folate of a blueberry. Folate is needed for healthy growth and development and is essential for the healthy development of a baby during pregnancy. It is rich in manganese and an important plant source of calcium. It contains high levels of anthocyanin, a potent antioxidant that is thought to improve cognitive function and protect against certain cancers, heart and Alzheimer's diseases.

MAROONG (FINGER LIME)

In the nutrition stakes, the Finger Lime fights well above its size and weight. Bursting with zesty flavour, Finger Limes are rich in folate, potassium and Vitamin E. Each Finger Lime contains three times the Vitamin C found in a mandorine. The level of Vitamin E is exceptionally high in the pink Finger Lime. Vitamin E is one of the most important antioxidants in human cell protection and disease prevention.

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LEMON WUMB

Lemon Myrtle The most concen
contains powerful antimicrobia
superior to those of terpene hydr
An exceptional, vegan source of c
vitamin that plays an important
atrophic age-related macular dege
loss in aging Western societies.
inhibiting inflammation. A
phytochemicals that provide ant
lipophilic environment. These ant
from oxidative stress, as well as
folate, Vitamin A, Vitamin E
magnesium. These nutrients are

WYKALK (

Wattleseed must be considered t
it is a very rich source of prote
grown in Africa to provide p
Wattleseed is a low glycaemic fo
be used by people with diabe
Wattleseed also contains high co

ANISEED WUMBAI (AINISE MYRTLE)

The Anise Myrtle leaf is one of the highest known sources of the compound anethole which gives it the aniseed flavor and aroma. Anethole is also used as a flavor masking agent, expectorant, sedative and stimulant in cough medicines. Plants containing anethole (such as Anise Myrtle) have traditionally been used to assist with weight loss, lactation and stomach complaints. Trans-anethole rich herbs have traditionally been used to treat conditions like **anorexia**, belching, hiccupping or reflux and persistent epigastric pain. It is regarded as an antiseptic, bactericide, cancer-preventative, carminative, dermatitogenic, expectorant, fungicide, gastro stimulant and insecticide. Anecdotally, anethole settles intestinal cramps, colic and flatulence.

MER-RYE (PEPPER BERRY)

Also known as Tasmanian pepper, mountain pepper-berry packs a punch whatever way you look at it. A superfood both in terms of its flavor and its nutrient content, this is an ingredient to take seriously - whether you are using the berries themselves or the equally useful mountain pepper-leaf, which has even higher levels of some nutrients. Known for its anti-inflammatory properties, pepper-berry has been used by many traditional medical practitioners for problems such as arthritis. This activity is thought to be due to the compound "polygodial", which is also thought to have several other beneficial properties including protecting the stomach lining and anti-pain activity as well as being anti-asthmatic. Other compounds in mountain pepper-berry and leaf are thought to help slow absorption of glucose from the stomach (potentially beneficial for people prone to diabetes) and possibly to help prevent the types of mutation of genetic material that can lead to cancer.

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OORAY (DA

The Davidson Plum is an excellent
role in every single heartbeat. It
our kidneys filter out toxins. It
nutrients required for glowing, yo
source of calcium. It is an antiox
anthocyanin, which is thought
against certain cancers and heart
than an avocado (thought to be
carotenoid vitamin that plays
symptoms in atrophic age-re
inflammation. Age-related macula
loss in aging Western societie
antidiabetic effects and a cap

BONYAH

The nutritional content of th
carbohydrates, 9% protein, 2% fa
also gluten free, making bunya n

BOOMERA (MACADAMIA NUT)

Macadamia nuts have sweet taste and are rich source of energy. 100 g of nuts provide about 718 calorie/100 g, which is one of the highest calorific values among nuts. These nuts are packed with numerous health-benefiting nutrients, minerals, antioxidants and vitamins that are essential for optimum health and wellness. 100 g of macadamia provides 8.6 g or 23% of daily-recommended levels of **dietary fiber**. Additionally, they are a very good source of phytosterols such as ß-sitosterol. However, the nuts carry no cholesterol. Since macadamia is free from *gluten*, it is one of the popular ingredients in the preparation of gluten-free food formulas. Such formula preparations are a healthy alternative in patients with wheat gluten allergy and *celiac disease*. The nuts are rich source of mono-unsaturated fatty (MUF) like oleic acid (18:1) and palmitoleic acids (16:1). Studies suggest that MUF fats in the diet help lower total as well as LDL (bad) cholesterol and increase HDL (good) cholesterol levels in the blood. The Mediterranean diet, which is rich in fiber, MUF fats and antioxidants work favorably in maintaining healthy blood lipid profile and thus offer protection from coronary artery disease and strokes. Macadamias are an excellent source of minerals such as calcium, iron, magnesium, manganese and zinc. 100 g nuts provide 3.6 µg of **selenium**. Selenium is a cardio-protective micro-mineral and an important anti-oxidant cofactor for *glutathione peroxidase* enzyme. Furthermore, the nuts are also rich in many important B-complex vitamins that are vital for metabolic functions. 100 g of nuts provide 15% of niacin, 21% of pyridoxine (vitamin B-6), 100% of thiamin, and 12% of riboflavin. They contain small amounts of vitamin-A, and vitamin E. Both these fat-soluble vitamins possess potent anti-oxidant activities, which serve to protect cell membranes and DNA damage from harmful oxygen-free radicals.

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WOLGOL (SA

The sandalwood nut contains mar
significant amounts of dietary
quantities of some of the good oil
particular Omega 9. The Omega 9
of those healthy qualities. In p
heart health by lowering the 'bad
whilst raising the 'good' choleste
heart disease. In addition, Omeg
blood sugar levels and improve m
Type II Diabetes, and Metabolic
improvement in Immune Function
all round good guy, and we

MURNONG, PI
DAISY, BU
CHOCO

Murnong, Bulbine Lily and Choco
energy These storage organs can
of mature plants are nutritious, c
Bulbine Lily are the sweetest-tas

MOOLA

Bracken Fern good for diet and c
fiber. However, it is better to ea
thiaminase, which decomposes
eaten as it can be toxi

KANDUTAL (DESERT LIME)

Desert lime is rich in methoxy flavone ghycosides – limnocitrin. Glycosides is a skin healer and is used as a natural repairer of the skin. It helps in absorption of vital ingredients needed for good skin and also helps in hydrating the skin keeping it supple and soft. Desert lime is known to be a significant provider of antioxidant and it also enables a healthy immune system. Aiding the body to resist against various diseases. The main component of the collective tissue collagen's production is also supported by the consumption of this fruit. Another beauty benefit gained from this fruit is that being rich in furanocoumarin, this fruit consist of properties that are anti ageing, skin repairing agent also it heals wounds and aids early skin regeneration. Desert lime is also very rich in coumarin that helps in acting as a anti fungicidal, has anti-inflammatory benefits and also acts as an anti-oxidant. They are also added in sunscreens as they help in blocking out short wave UV rays that are harmful to the skin.

GULALUNG

The king of citrus fruits are r
synonymous to the flavor of lemo
needs to just add a fresh squeez
fruits are known to be abundant
to be one of the most important c
is essential vitamin in protecting
seriously as cancer. People with
rich food to improve their visior
avoided by adequate consumption
found in finger lime, potassium
pressure. People with hypertensio
meals to avoid any further healt
can be highly avoided by the pre
finger lime is a power house of
consumption of finger lime an ofte
of kidney stone is no rocket
accumulation of calcium in one's k
like structures. Potassium keeps
and hence leads to lowering t
terminal diseases such as br
avoided.Also known for is rich p
formation of stronger teeth and b
blood count in check. Adding c
smacking and high beneficial to

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NGOORP (BLOOD LIME) and GUWING (SUNRISE LIME)

With these two hybrid you can eat the whole fruit; skin, pulp, seeds and all, and that means you get a whole synergistic burst of fruit medicine. We often forget about the holistic health benefits of citrus peel in favour of their flesh and juice but the skin of citrus is packed with way more Vitamin C than the flesh plus Vitamin A, Folate, Calcium, Magnesium, Potassium, Iron and of course lots of wonderful gut enhancing Dietary Fiber. The skin of citrus fruits has been found to: decrease cholesterol levels, fight free radicals in your body, improve bone health, boost your immunity and digestion, improve your oral health, enhance your skin condition and boost your metabolism!

STRAWBERRY GUM

There are amazing health benefits to using the leaves in your cooking. The chemicals found in the leaves are high in antioxidants and the oil is antimicrobial against foodborne human pathogens, food spoilage bacteria, and yeasts assisting in keeping a healthy microbial balance in the human gut. Very important if you have been taking antibiotics or have been unwell.

KURRKUTY (RUBY SALTBUSH)

The small red berries of this plant are eaten and are high in vitamin C. The leaves can also be eaten but must be boiled first-throw away the salty water and use as a vegetable.

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BOMULA (COM

Believed to prevent heart disease
Ripe fruits have a pleasant sub-ac
kiwifruits. The unripe fruits are e
are roasted and eaten.

MUNTHAI

Like the acai berry is to the Amaz
native super food. A recent stu
muntrie included, showed that
fruits were significantly higher t
high antioxidant levels. The fr
antioxidants of blueberries and
protect cells against the damagi
foods are reported to improv
infection, he

NUGUJAKIN

At low concentrations, the fruit
compounds have applications in
healing together with the field
Vitamin C can do good to you
synth
In turn, the high level of antioxid

Vitamin C when delivered into sk
enhance

NATIVE THYME (PANARYL)

Native Thyme is known for its antibacterial properties A study found that an extract was able to significantly reduce the heart rate in rats with high blood pressure, and it was also able to lower their cholesterol.
One sure way to use Native Thyme to help lower your heart rate is to substitute it for salt in your foods. It is often used as a natural cough remedy. Native Thyme is packed with vitamin C and is also a good source of vitamin A. If you feel a cold coming on, it can help get you back in good health. It is also a good source of copper, fibre, iron, and manganese.

SLIPPERY JACKS

It is good when fried, but will not keep. However they can be dried and used later in soups and stews. Not rated as one of the best Boleti, but is described as having a choice consistency and good flavour, and seems to be universally enjoyed. These mushrooms should be peeled before being cooked as the slimy cap may cause gastric upsets.

AUSTRA

Mushrooms exposed to sunlight
vitamin D_2 (ergocalciferol
contain D_3 (cholecalciferol), dieta
as effective as vitamin D_2 and
25(OH)D levels. Morel mushr
vitamin D_2 per 1

Protection against drug side eff

An aqueous-ethanol (water and alc
mycelium has the remarkable abili
defence system, thereby protecti
chemotherapy and antibiotic drug

Antioxidants

Oxidative stress is associated wit
cardiovascular disease, Parkinson's
2. Consuming antioxidant-rich foo
protect against this internal dama

Liver protection

When supplied with an extract of
damage, and antioxidant reserves

This suggests that morel mushroo
liver-protecting agent.

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BIRIRA(WARRIGAL GREENS)

Low in energy, high water content, high in sodium and potassium.

KUTJERA (BUSH TOMATO)

The berries are a good source of carbohydrates and vitamin C.

GIDNEYWALLUM (ILLAWARRA PLUM) or MAROONG (MOUNTAIN PLUM PINE)?

There has been some confusion about the plum pines. The Mountain Plum Pine that I have growing does grow in Alpine regions and loves the cold, however the male cones and the female fruits appear to be unable to be eaten. The other Plum Pine is the Illawarra Plum which is eaten. This tree is a rainforest tree. This rather strange looking fruit is another wonderful source of many antioxidants - protective compounds that help defend the body against cell-damaging free radicals.

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