

**PENANG SANGAM HIGH SCHOOL**

**P.O.BOX 44 RAKIRAKI**

**HOME ECONOMICS**

**YEAR 13 (week 18)**

<b>Strand</b>	FOOD AND NUTRITION
<b>Sub strand</b>	<b>FOOD PRESERVATION (cont" from wk 17)</b> <ul style="list-style-type: none"><li>• <b>FOOD SAFETY</b></li><li>• <b>INTANGIBLE CULTURAL HERITAGE</b></li></ul>
<b>Content learning outcome</b>	<ul style="list-style-type: none"><li>• Examine the importance of food safety and food labelling using relevant legislations/policies.</li><li>• Explore intangible cultural heritage (food) practices inherent in Fiji and ways to preserve them.</li></ul>

**Date marking and storage conditions**

(a) the expiration date shall be declared on all food where the food shall be consumed before a certain date because of health and safety reasons

(b) the expiration date shall be declared by the words "use-by..." or "expiry date ..." or "expiration date..." or "exp...", and these words shall be accompanied by the date itself in uncoded numerical sequence except that the month may be indicated by letters.

(c) the date of minimum durability shall be declared on all food where an expiration date is not required unless otherwise exempted by these and subsequent regulations;

(d) the date of minimum durability shall be declared by the words "best before ..." or "best before..." and these words shall be accompanied by the date itself in uncoded numerical sequence except that the month may be indicated by letters;

(e) the expiration date or the date of minimum durability shall consist at least of the day and the month for products with a minimum durability of not more than three months; or the month and the year for products with a minimum durability of more than three months. (Ref: Food Safety Regulations 2009)

**INTANGIBLE CULTURAL HERITAGE:**

- Food practices in Fiji Intangible Culture & Heritage (ICH) is the traditions or living expressions inherited from our ancestors and passed on to our descendants, such as Oral traditions, Rituals, Ceremonies, Festivals, Stories, Traditional crafts, Herbal medicine, knowledge and practices, expressions, skills – as well as the instruments, objects, artifacts and cultural spaces associated there with. A good example of ICH in Fiji is the famous traditional ceremony by The Firewalkers of Beqa.
- The importance of intangible cultural heritage is that the knowledge and skills that is transmitted through it from one generation to the next.

**Why safeguard ICH?**

- Intangible Cultural Heritage is important as it gives us a sense of identity and belonging, linking our past, through the present, with our future.

- It aids cohesion and helps individuals to feel part of a community and of society at large.

### **Protecting or Safeguarding?**

- Safeguarding means ensuring the viability [successful work] of the intangible cultural heritage, that is ensuring its continuous recreation and transmission.

- It focuses on the processes involved in transmitting, or communicating it from generation to generation, rather than on the production of its concrete manifestations, such as dance performances, songs, music instruments or crafts.

### **Cuisine and Culinary Practices:**

- Many parts of the country have their own unique cultural food practices (preparing and cooking and consumption) and every effort is required to ensure that these practices are preserved.

- As a popular destination for tourists, gastronomic heritage has put Fiji on the tourist map, with its lovo food and other delicacies unique only to Fiji. Related activities include use of certain foods/crops which have specific methods of preparing for cooking.

- The use of local forest fruits and medicinal herbs also need safeguarding for future generations.

### **Traditional Farming Systems.**

- The common examples of traditional knowledge include traditional calendars that guide agricultural planning and harvesting of forest and agricultural products.

- Fiji has its own seasonal calendar around which farming activities revolved where each month has its own food crop for planting or harvesting; likewise for its marine resources, fishing methods or fish drives, unique food festivals.

### **Activity**

*Discuss the influence of Intangible Cultural Heritage (ICH) on Fiji's traditional farming system.*