<table>
<thead>
<tr>
<th>Video Title</th>
<th>Year</th>
<th>Rating</th>
<th>Duration</th>
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<tbody>
<tr>
<td>A History of Australian Food</td>
<td>2018</td>
<td>E</td>
<td>00:11:14</td>
</tr>
<tr>
<td>Series: Australian Food Story</td>
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<tr>
<td>What do magpies, dugongs, goannas, yams, pie floaters, European vegetables and swans have in common? This clip explains, as animated pair Norman and Miranda serve up a timeline of Australian culinary...</td>
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<tr>
<td>All About Bush Foods: Traditional and Commercial Uses</td>
<td>2009</td>
<td>E</td>
<td>00:27:13</td>
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<tr>
<td>Bush foods - or bush tucker - have been consumed for thousands of years in Australia, and it makes us unique in the world when it comes to cuisine. For most of the time humans have been consuming bush...</td>
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<tr>
<td>All About Food Additives</td>
<td>2012</td>
<td>E</td>
<td>00:20:02</td>
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<tr>
<td>Most foods that we purchase for every day consumption and those that we eat a little less often contain additives of various descriptions. In fact humans have been using food additives for thousands of...</td>
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<tr>
<td>All About Meat</td>
<td>2001</td>
<td>E</td>
<td>00:26:26</td>
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<tr>
<td>This program looks at how meat is presented for purchase to the consumer, showing what producers are doing to address dietary and health concerns.</td>
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<tr>
<td>All About Nutrients</td>
<td>2009</td>
<td>E</td>
<td>00:24:13</td>
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<tr>
<td>Our body does not function efficiently without the correct amounts of specific nutrients. Diet related diseases result from excessive quantities of some foods and their associated nutrients. Insuffici...</td>
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<tr>
<td>Allergens and Food Safety</td>
<td>2005</td>
<td>E</td>
<td>00:29:53</td>
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<tr>
<td>This program covers: what allergens are; reactions and responses; rules and regulations; the role of food manufacturers in food safety; and the role of retailers and workers in food safety.</td>
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<tr>
<td>Amazing Eggs</td>
<td>2012</td>
<td>E</td>
<td>00:21:34</td>
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<tr>
<td>Eggs are one of the most versatile ingredients we have. Whether it's a delicious sweet cake, a savoury omelette, or just a perfectly poached egg, there is almost no limit to the beautiful foods you ca...</td>
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<tr>
<td>Basic Techniques</td>
<td>2005</td>
<td>E</td>
<td>00:29:12</td>
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<tr>
<td>Series: Creative Cakes Series</td>
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<tr>
<td>The first in a two-part series, this practical guide looks at many basic techniques used in cake decorating.</td>
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<tr>
<td>Using the case studies of Brunetti's cafe in Melbourne, Australia and the milk company Pura, this programme show us the difference between batch processing and continuous processing.</td>
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<tr>
<td>Behind the Scenes</td>
<td>2005</td>
<td>E</td>
<td>00:24:45</td>
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<tr>
<td>Series: Catering Skills Series</td>
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<tr>
<td>This program focuses on the preparation of meals and their presentation. We first look at the range of knives used by chefs. Presentation and garnishes come next, including julienne vegetables, deep fr...</td>
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Beyond the Basics
Series: Creative Cakes Series
This programme looks at more advanced techniques used in cake decorating, including doing transfers, coloured piping and collars and three different techniques for creating icing roses.

Bringing It to the Boil: Basic Moist Cooking Methods and Food Storage
This instructive programme explains the "moist heat“ cooking methods such as boiling, blanching, poaching, steaming, stewing and braising, as well as microwave cooking.

Buying and Storing Food Safely with Helen Highwaters
Series: Statistically Speaking
This program outlines Food Safety, covering topics such as: Best buying practices, Safe transportation, and Safe refrigeration and storage methods.

Chemistry of Cooking: What Happens Inside a Sponge Cake?
It is useful to understand what actually happens to food when it is prepared and cooked. This film examines the physical and chemical changes that take place. Set in a commercial kitchen, a simple egg...

Chicken: From Eggs to Takeaway
Traces the production of chicken meat, from newly hatched eggs to the processed meat we buy from supermarkets and takeaway shops. Featuring a detailed description of processing techniques, food handling...

Cleaning and Sanitation in the Food Industry
Cleanliness and good hygiene in the food industry is of upmost importance. It is essential that areas in which food is prepared, served or manufactured are kept clean at all times. Poor hygiene standards...

Computers in Food Technology
Technological developments have had a major impact on the food industry. This programme examines some of the key changes: - Market Research: how consumer trends are analysed using barcoding and loyalty...

Cookies, Bars and Cakes
Series: Baking Fundamentals
This programme will teach students the essential skills necessary to make delicious baked goods, looking specifically at: rolled sugar cookies, oatmeal, walnut and dried cranberry drop cookies, rice k...

Cooking Techniques
Series: 21st Century Food Series
Do you know how to chop, dice and grate? How do you enhance the flavour of a dish simply by steaming, frying or grilling, and which method is best? What is rubbing in, creaming, melting in and whisking...

Cultural Influences on Australian Foods
Australian food is an eclectic blend of many different cultures. This program explores the origins of many popular Australian foods and what it is that makes them Australian. Beginning with the British...

Designing and Preparing a Meal
The programme guides students through the process of selecting nutritious ingredients and adapting simple recipes to prepare a healthy and delicious lunch or main meal for themselves, or perhaps even...

Designing Menus for Healthy Diets
This programme looks at the function of food and the nutrients that we require to maintain an adequate balanced diet. We find out how our nutritional requirements vary at different stages of the life...

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Developments in the Food Industry: Science, Technology and the Environment
Series: Science, Technology and the Environment
2007 E 00:28:59
This programme explores the impact of technology on food production and development of new and emerging foods. The content covers the changes in food products available and innovation in product develop...

Dietary Supplements: Health or Hype?
Series: Health or Hype?
2011 E 00:15:55
Take a walk down the aisle of any supermarket or chemist these days and you are bound to be confronted by shelves full of nutrient supplements, ranging from vitamin A to zinc. But are they worth the p...

Dying For a Meal: All About Food Poisoning
Series: Taking Care of Baby
1998 E 00:21:43
This program introduces the different forms of bacteria that cause food poisoning, and clearly explains the conditions in which they become a threat to health.

Eating Off a Sunburnt Land
This programme looks at current developments in the cultivation and marketing of Australian native food plants.
2002 PG 00:24:01

Farm to Fork: Primary and Secondary Processing
2014 E 00:21:08
How does food get from the farm to our table? In this program we trace the route cereals, fruits, vegetables and dairy products take to get from the point of origin to the consumer. We also explore why...

Flour, Bread and Baking
Tailored for Design and Technology and Food Technology courses, this program traces bread production from field to finished product. The program includes flour milling, bread production and multicultu...
1995 E 00:25:10

Food Allergies
Food allergies are a hidden, potentially lethal condition that can turn a healthy snack into a deadly dose. So how do we navigate these dangerous waters? A little knowledge can prevent some big proble...
2012 E 00:25:55

Food Allergies and Intolerances
What is the difference between food allergy and food intolerance? This Australian-made, curriculum fit programme answers this question and more using engaging dramatised scenarios and expert commentar...
2010 E 00:17:48

Food Packaging and The Environment
This program examines the functions of food packaging, the role of recycling, the concept of product life cycle, alternatives to disposable food packaging.
2000 E 00:26:44

Food Planning for Special Occasions
From creation to execution and everything in between, planning and catering for any special occasion involves a number of ingredients. This fast-paced, entertaining program takes viewers behind the sc...
2012 E 00:20:28

Food Poisoning: Prevention is Better Than Cure
So what is food poisoning? Another name is food borne illness. This illness generally results from consuming food or drink contaminated with pathogenic bacteria, viruses or toxins. It often produces s...
2008 E 00:24:35

Food Preservation Techniques
Food preservatives are commonly used in many foods we purchase and consume daily. While some food preservation techniques have been practiced for millennia, such as salting, drying and smoking, others...
2012 E 00:20:05
<table>
<thead>
<tr>
<th>Title</th>
<th>Year</th>
<th>Duration</th>
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<tbody>
<tr>
<td><em>Food Safety and Hygiene</em></td>
<td>2014</td>
<td>00:28:02</td>
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<tr>
<td>Disease causing bacteria found on the human body and in unhygienic food preparation areas can be easily transmitted to those who consume the food. That's why food safety and hygiene is paramount in th...</td>
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<tr>
<td><em>Food Testing: Working with Yeast</em></td>
<td>1998</td>
<td>00:13:43</td>
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<tr>
<td>Food testing is a key part of most food technology courses. In this concise program, with the aid of teachers and students at one of Melbourne's leading secondary colleges, we look at yeast its biolog...</td>
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<tr>
<td><em>Foods for Special Needs</em></td>
<td>2005</td>
<td>00:28:09</td>
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<tr>
<td>Food for Special Needs examines food allergies and intolerances, dietary-related diseases and disorders. Cultural and religious beliefs that determine diet are also considered.</td>
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<tr>
<td><em>Foods for Special Occasions</em></td>
<td>2005</td>
<td>00:23:09</td>
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<tr>
<td>In this program we examine some of the world's major social, cultural and religious occasions and the foods that are central to them.</td>
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<tr>
<td><em>Fruit and Vegetables: Selection and Preparation</em></td>
<td>2013</td>
<td>00:15:25</td>
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<tr>
<td>Fruit and vegetables, while often seen as accompaniments or side-dishes, are very versatile and flavoursome for the knowledgeable chef. This appealing, practical programme is led by an experienced ind...</td>
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<tr>
<td><em>Functional Foods: A Case Study of Modified Eggs</em></td>
<td>2000</td>
<td>00:25:11</td>
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<tr>
<td>This video tells the story of the NewStart egg, developed by Professor Farrell of the University of New England.</td>
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<td><em>Functional Properties of Food</em></td>
<td>2007</td>
<td>00:26:33</td>
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<tr>
<td>This programme explores the physical, chemical and sensory functions of many different food products and discusses the importance of these functions.</td>
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<td><em>Global Cuisine: Indian</em></td>
<td>2012</td>
<td>00:10:37</td>
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<tr>
<td>Series: Global Cuisine The colour, richness and diversity of Indian cuisine is celebrated in this vibrant programme. This documentary style production investigates regional differences within the country, traditional and mo...</td>
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<td><em>Global Cuisine: Japanese</em></td>
<td>2012</td>
<td>00:10:52</td>
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<tr>
<td>Series: Global Cuisine The colour, richness and diversity of Japanese cuisine is celebrated in this vibrant programme. This documentary style production investigates regional differences within the country, traditional and...</td>
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<td><em>Gluten-Free Foods</em></td>
<td>2000</td>
<td>00:20:29</td>
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<tr>
<td>This programme examines gluten and the challenge of producing and marketing gluten-free products.</td>
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<td>Looks at the organic food industry in Australia: the growing popularity of organic foods, the environmental and health benefits, supplying niche markets, certifying bodies and the process of product d...</td>
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<tr>
<td><em>Good Enough to Eat: Food Presentation and Service</em></td>
<td>2010</td>
<td>00:20:01</td>
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<tr>
<td>If food looks good, we are more likely to find out if it tastes good. The way food is styled and presented plays an important part in our perception of the overall appeal of a meal - whether at home o...</td>
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Grain and Flour
This fascinating program follows grain from harvest to the retailers' shelves.

Great Food Innovations: New Apple Products
Two apple growers use innovative product development and marketing to turn their sub-standard apples into unique products.

HACCP in Action: Food Safety Case Studies
This programme analyses and explains HACCP, which identifies specific hazards and measures for their control, ensuring food safety.

Improving Our Act: The Food Standards Code for Aus and NZ
This program looks at the reasons why the new Food Standards Code was introduced, the fundamentals of the new system, what food manufacturers need to do to comply, benefits for consumers and some rema...

In Focus: Environmental Issues in Food Production
Technological advances have led to an increase in food productivity and quality in recent years. In this program we consider environmental issues in food production and question the true cost of these...

In Focus: Milk
Series: Commodities Series
In this programme we examine the many facets of milk as a food commodity.

In Focus: Rice
Series: Commodities Series
This programme delivers detailed investigations into rice, one of the major food commodities of the modern world.

In the Kitchen: Utensils, Tools and Equipment
Whether you're a culinary novice or a master chef, the rules and tools of the kitchen are the same for everybody. There are hundreds of different appliances and utensils you can use to create a meal,...

Influences on Food Choice
The program begins by reviewing the historical development of food patterns, then looks briefly at the composition of the diet today, and examines 13 influences on food choice.

Inside Story: Food Packaging
Inside Story's news desk takes viewers into the colourful world of food packaging.

Introducing Food Additives
This program describes the range of additives used to enhance flavours, textures & colouration and considers nutritional aspects, food regulations & labelling.

Investigating Food Preservation
This program uses graphics and expertly-shot footage to illustrate leading food preservation methods.
It's a Blast! Chilling and Freezing in Food Production
This programme looks at cutting edge technologies used to blast chill and blast freeze fresh and cooked food and its regeneration in a controlled cooking climate oven. A variety of foods ranging from...

Johnny Junkfood in the 21st Century
This programme updates the popular animated Johnny Junkfood to the year 2006. We follow Johnny and his family through their humorous daily adventures and learn along the way about good food choices an...

Kitchen and Food Safety
Series: Meals in Minutes
Keep yourself safe in the kitchen! Learn the difference between safe and dangerous safety practices in the kitchen as “DO Stevie” and “DON'T Stevie” prepare food simultaneously. An engaging SILENT, sp...

Kitchen Fundamentals
What is the difference between mincing and dicing? How do you whip an ingredient? Chef Dave Christopherson demonstrates a variety of food preparation techniques. The first segment covers the fundament...

Kitchen Hazards and Food Safety
A commercial kitchen can be a fun and highly rewarding place to work, but also one full of potential hazards and dangers. This video is filmed inside the industrial kitchen at Bendigo Health in regiona...

Kitchen Tools and Utensils
Series: In the Kitchen Series
Spatula, spoon, whisk, rolling pin - there are so many utensils in the kitchen! These utensils are what make cooking and baking possible. But with so many options, how do you know which cup or spoon i...

Knife Skills
Join Chef Marshall O'Brien to learn basic knife cuts and essential knife skills to gain confidence in the kitchen. Chef Marshall explains how to stay safe, identifies common types of knives, and demon...

Leading the Pack: Innovations in Food Packaging
Series: Nutrition for Life Series
The programme looks at 10 innovative food packaging products including biodegradable plastic bags, packaging industry award winners, plastic bags that 'breathe' like paper and future packaging techniq...

Manual Handling in the Food Industry
This programme combines interviews with OH&S practitioners and footage of applied manual handling including hazard identification, risk assessment and risk control.

Mass Production of Food
Food is processed to preserve it and to make it more convenient for customers and wholesalers alike, while quite often mass production can also lower the cost to the consumer. We look at the processin...

Meat Processing
This program gives an overview of the manufacture of meat smallgoods, such as ham, bacon, frankfurts, sausages and meat patties. It includes a description of the food preservation processes, hygiene a...
<table>
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<tr>
<th>Title</th>
<th>Year</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Meat: Cooking Techniques</td>
<td>2013</td>
<td>00:16:52</td>
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<tr>
<td>Meats: Selection and Preparation</td>
<td>2013</td>
<td>00:20:33</td>
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<tr>
<td>Menu Planning: Toddlers, Pregnancy, the Elderly</td>
<td>2011</td>
<td>00:19:51</td>
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<tr>
<td>Modern Australian Cuisine</td>
<td>2018</td>
<td>00:10:27</td>
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<tr>
<td>Muffins, Biscuits and Pancakes</td>
<td>2012</td>
<td>00:30:36</td>
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<tr>
<td>Multicultural Foods</td>
<td>1993</td>
<td>00:40:37</td>
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<td>Multicultural Foods 2</td>
<td>1995</td>
<td>00:36:34</td>
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<tr>
<td>New Australian Food Technology: Our Dairy Industry</td>
<td>2000</td>
<td>00:21:38</td>
</tr>
<tr>
<td>New Food Trends: A Case Study in Product Development</td>
<td>2006</td>
<td>00:27:12</td>
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<td>New Foods at The Market</td>
<td>2000</td>
<td>00:21:00</td>
</tr>
<tr>
<td>New Foods: Changes and Advances in Technology</td>
<td>2009</td>
<td>00:28:51</td>
</tr>
<tr>
<td>No Accounting for Taste: Why We Eat What We Eat</td>
<td>2011</td>
<td>00:18:08</td>
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Nutrients: Their Interactions
Carbohydrates, fats, proteins, vitamins, minerals and water; these are the basic nutrients our bodies use everyday to keep us healthy. Individually, they are vital for many cellular and physical funct...

Omegacare: The Development & Marketing of a Functional Food
Ever wondered why there are so many margarine and spreads on the supermarket shelves? What are the differences, especially for one's health? This programme is a case study of Melrose, a small health f...

Preparing and Processing Foods
Most of the foods we buy are processed in some way, even if only cleaned and sorted, e.g. fresh apples. This is necessary in modern food production supply. Some processing methods used to preserve foo...

Preparing Sandwiches, Appetisers and Salads
Having the skills and knowledge required to prepare and present appetisers, sandwiches and salads is crucial to successful operation of any commercial kitchen or catering business. This program takes...

Quality Control in Food Technology
When customers purchase mass produced food products they expect consistency in taste, texture, appearance and smell. Food companies spend large amount of money ensuring that all factors of quality con...

Reading Food Labels
From 2003, regulations drawn up by Australia New Zealand Food Authority (ANZFA) governing food labels came into force. This program looks at the improvements to current labels.

Safety in Food Handling
This programme looks at practical steps to keep food safe from contaminants which often cause serious illness.

Safety in the Commercial Kitchen
Commercial kitchens must adhere to strict workplace health and safety procedures to prevent harm, illness and accidents occurring to both staff and clientele. This programme outlines the basic workpla...

Safety in the Domestic Kitchen
This update of our classic programme offers a light-hearted look at the potential hazards of the humble, domestic kitchen. Students will enjoy the dramatic scenes that illustrate the possibly dire con...

Sensory Analysis and Testing Techniques
Filmed within a school in Kent and with input from a senior examiner this film shows how to select and use appropriate sensory analysis techniques during various stages of the design process. It shows...

Serving Up a Healthy Education: Canteen Case Studies
This program explores some of the issues facing school canteens today, including health and nutrition, food selection in canteens and influences on food choices

The Changing World of Food Packaging
Visy Packaging and Recycling and Vision Pack - in our quest to understand the ins and outs of food packaging. We begin by explaining why food is packaged and outlining the advantages and disadvantages...
The Cooking Process: How Food Changes
Food is a vital component of life for every human being. People from every country of the globe use different combinations of herbs, spices and cookery methods to produce delicious food. This programm...

The Design Process: From Concept to Customer
This programme takes the viewer through the production of a food product step by step, using the components of the design process.

The Knives are Out: Using Kitchen Knives Correctly
This information-rich programme provides an overview of the use of knives in a commercial kitchen. It covers the characteristics of good quality knives; techniques for sharpening knives; different typ...

The Saladfresh Story
This program examines the new world of "Meal Replacement", to see how "real live" vegetables are turned into a ready-to-eat salad from a plastic bag.

The World on Your Plate Mate: Multicultural Influences on the Australian Diet
This program will take students on a cultural voyage around the world. The program explores cultures ranging from African to Middle Eastern. It looks at a range of ingredients and food from different...

To Eat or Not to Eat: The GM Food Debate
This programme examines some of the arguments for and against GM crops, looks at some examples of GM technology in action, and examines some of the claimed benefits of using GM technology and what it...

Trends in the Australian Diet
The program examines our pre-historic diet, the effects of agriculture, the Industrial revolution, immigrant influences and the impact of convenience foods.

Turning Up the Heat! Basic Dry Cooking Methods
This programme demonstrates dry heat cooking methods including: baking, roasting, grilling, dry frying, shallow frying, stir frying and deep frying. Safety issues are also considered.

Understanding FSANZ
Imagine a world with no food regulations that protected the public from harmful foods and ingredients - products high in harmful chemicals; no use by dates; inadequate packaging - it would be catastro...

Using Bush Foods
In this program, we visit Robins Foods and see the foods being grown and packed. We examine the variety of foods, the nutrient content, the work involved, methods of cooking, the markets, and the futu...

Using Microbes in Food
Microbes are important to us in everyday life for lots of reasons. One of the main areas in which we benefit from their existence and behaviour is in food. Foods such as vinegar, olives, yoghurt and p...

Vegetable: Cooking Techniques
Vegetables, while often seen as accompaniments or side-dishes, are very versatile and flavoursome for the knowledgeable chef. This appealing, practical program is led by an experienced industry chef,...
Vegetables: From Field to Freezer to Fork

This programme examines the ways in which green peas are grown, harvested and prepared for their inclusion into frozen stir fry meals. Topics include: primary and secondary processing techniques, hygi...