

Cooking for Connection



Traditional Lemon or Wattle Seed Cookies

This activity was developed by the Aboriginal workers in the Foundation's OurSPACE Program in NSW.

Preparing, cooking, and sharing food is a foundational experience in Aboriginal and Torres Strait Islander culture. It creates opportunities for healing and connection when there is a safe adult to share the experience with.

Through food preparation, children come to experience their identity in relationship to the elders and family in community.

Cooking and preparing food is an activity that supports connection and promotes positive self-worth.

Children learn about their culture by cooking with ingredients found in nature which can be connected back to the histories of their families and communities.

Once the cookies are made, Aboriginal people involved with children can support them to extend their learning by decorating them with their totems, other symbols and art from nature.

What you will need

- 250g Sugar
- 250g Butter
- 500g sifted self-raising flour
- 4 eggs or 1/3 Emu egg
- 25g Ground lemon myrtle or Wattle Seeds

What to do

- Mix sugar and butter together with a beater
- Add the emu egg or eggs to the mixture one at a time
- Fold in flour and myrtle or wattle seeds until combined
- Roll into small balls and put on baking tray
- Flour a fork and use it to press the balls down a bit
- Bake in oven 180 -190c for 15 minutes

What you might say and do

- Who would they like to bake these cookies for?
- What would those people like about them?
- What would they say when they were given the cookies?
- How would the children feel when they gave the cookies to these special people?
- How important is food to feeling like you belong to a family or mob?